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FEATURE 13

Monday, February 3, 2003

Conestoga College, Kitchener

34th Year — No. 5

College fails to restrict illegal vendors

By TORI SUTTON

Lax restrictions at Conestoga College are allowing vendors selling illegal products to set up shop within the school.

On Jan. 22, a booth in the main cafeteria was open for business, offering hundreds of bootleg tapes of concerts. Most of the videos, recorded illegally at live shows with personal camcorders, were selling for an average price of \$20.

Although the vendor was selling unauthorized material protected under copyright laws, college policy states the onus is on the vendors to ensure their business is ethical.

Vendors are subject to the conditions the college specifies, said Judy Dusick, general manager of Conestoga Students Inc. (CSI). As long as they are a registered business which meets the GST, PST, insurance and equipment requirements, they can come here.

It would take too much legwork to check every vendor who visits the school said Dusick, who booked the video merchant

on behalf of the CSI.

Video bootlegging has been overshadowed in recent years by the advent of online MP3 trading, a much more popular form of music piracy. However, although rarely enforced, buying and selling unauthorized material like the recordings of live performances does infringe on copyright held by the artist or their recording company.

It is not unusual for large venues to ban the use of camcorders and cameras. Occasionally, rebellious bands like Pearl Jam and Phish encourage their fans to record their live shows.

There is nothing on paper really, said Chris Ward, the vendor selling the tapes at the college. It's sometimes hard to pinpoint if certain shows have copyright restrictions on them or not.

Ward has been collecting bootlegs since 1979 and likens his business to the sale of used records.

This was the first time Ward was at the college. He came highly recommended by other schools, said Dusick.



(Photo by Marc Hulet)

Conestoga president John Tibbits addresses a full house on Jan. 28 as he announces that the college impacts the local community to the tune of \$1.3 billion annually.

Conestoga boosts economy by \$1.3b

By MARC HULET

Conestoga College announced on Tuesday that the college's impact on the local economy is worth more than \$1.3 billion.

College president John Tibbits made the announcement in front of a packed house, as members from the community, the college and the media listened to the news that shocked even Tibbits himself.

When we got the figures we actually asked them to double-check them. We expected big things, but not this huge, Tibbits says. I think it surprised a lot of people.

There is no local institution more important to this local community than Conestoga.

And that's a very powerful statement. I wouldn't have made it before this data was announced.

In comparison, the University of Waterloo pumps \$1.1 billion into the economy, with Wilfrid Laurier University adding another \$500 million, according to a study published last year.

Conestoga's economic value study, which was conducted by Larry Smith, president of Essentials Economics Corporation and an adjunct assistant professor of economics at the University of Waterloo, also discovered that more than 40 per cent of the local adult population has taken courses at the college and that 60 per cent of the college's graduates remain in the area of Waterloo Region, Guelph,

Cambridge and Stratford.

We know that in the case of universities, a large portion of their graduates leave the community, Tibbits says.

It's not only the traditional schooling that impacts the community either.

The college takes pride in offering a variety of services to students and people in the community.

More than 166,000 people have taken continuing education classes and the survey estimates that 36 per cent of the local labour force has upgraded their skills through the college.

Smith says continuing education is under-appreciated. Conestoga is, and should be, proud that they offer people second chances.

The child-care centres are responsible for 358 children and more than 1,000 kids are served by summer and hockey camp programs each year.

The college recreation centre sees more than 126,000 people pass through its doors annually, to participate in athletic, social and special events.

Tibbits says the college's impact on the community has been growing in recent years and he expects it to continue to climb.

As our economy grows and the population grows, I'm sure our impact will be greater, especially now that we are offering degree programs. We have a wider range of programming than in the past, Tibbits says.

The college is also prepared to better itself, in the hopes of spurring on

success, according to Tibbits.

We want to continue to improve the quality of education and the quality of service to the students.

Tibbits did admit though, that one obstacle facing the school is a lack of room to grow.

We're going to have to grow to meet the needs of the local community and our students. The college is not big enough to meet those needs.

On Jan. 27, the college submitted a new SuperBuild proposal to the government.

Tibbits says they hope to add another 90,000 sq. ft. addition to Doon campus.

But they aren't stopping there.

There are also two other proposals being discussed: one addition for 20,000 sq. ft. and one for 15,000 sq. ft. There is also talk of a new campus in Guelph.

For all these plans to come to fruition the college acknowledges that it will need the help of the community - a community Tibbits recognizes is as important to the college as the college is to it - to succeed.

One of the advantages of this community is that the business people really give back to the community in a major way, Tibbits says. They give money to the college, they give equipment and they give us people who sit on our advisory committees.

We're fortunate that we're part of a community that cares about things. They have a social activism that doesn't exist in a lot of other places.



(Photo by Rebecca Learn)

His Spidey-sense is tingling

Conestoga student John Cullen, 21, crouches in front of a Spider-Man poster at the Imaginus show in the Sanctuary on Jan. 22. The one-day show featured posters, prints and frames.

Daily parking free for short time

By LAURIE VANDENHOFF

Parking at one of Conestoga College's daily pay lots was free on Jan. 24, but only temporarily. The bar that restricts cars from leaving the lot until drivers pay a toll was damaged.

Al Hunter, head of security services at the college, said the bar in Lot 11 was broken off when a student's car slid through the gate because of icy road conditions. The student reported the accident to security and repairs were made to the bar about a half an hour later.

However, the bar was damaged a second time that day. Hunter believes the slippery pavement also caused the later incident.

This type of accident happens approximately once a month and Hunter suspects the breaks are, at times, intentional. The college is prepared, however, keeping spare bars in storage.

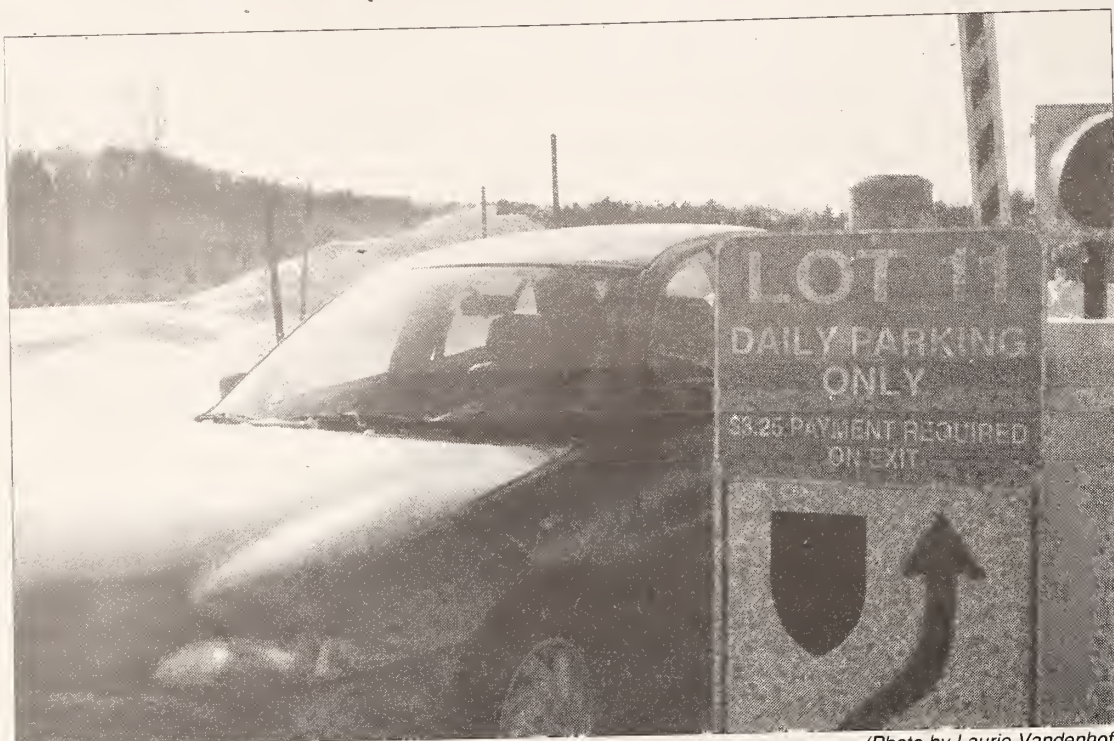
With an exit fee of \$3.25 and 200 spots, the affected lot does generate some money for parking services.

"Obviously it doesn't generate \$600 a day," said Hunter. "It all depends on the volume of traffic in there."

Security has also had a problem with students who are reluctant to pay the exit fee and instead drive over the grass barrier of the lot.

Hunter said this type of incident has happened before and those caught are disciplined. "What they are doing is stealing parking services and in turn putting the cost up for everyone else."

In fact, students performing this



(Photo by Laurie Vandenhoff)

Cars exiting Conestoga College's Lot 11 must pay a \$3.25 toll. A gate in place at the parking lot has a bar that raises and lowers. On Jan. 24, the bar was damaged when a student's car slid through the gate.

illegal move can be disciplined as outlined in the student procedures guide. This ranges from verbal warnings to discontinuance from a program.

Security has also encountered people trying to drive two cars at once through the raised bar, creating a two-for-one rate.

"Obviously we don't encourage that," said Hunter. "The last thing we want to see is someone damage their car." But he also pointed out,

"Anyone cheating the system is in fact cheating the other students."

Profits from the school's parking lots are used for their maintenance. "If we cannot do that then we will begin raising the rates," said Hunter.

The college also has another daily parking lot in operation. Lot 1 only requires students to purchase a ticket and does not have a bar system in place.

"The other daily lot is also a

semestered lot and some students have hang-tag permits (for that lot)," Hunter said. "For semestered parking it's a little different situation."

"We are really examining our whole parking situations right now with the view of tightening up access."

Obviously we are trying to keep crime prevention in mind, but also making it more convenient for the students."

Residence planning formal dance

By KATE VANDEVEN

If your starting to get cabin fever from all this cold weather, then the Sunset Beach formal is the place for you.

Residence is putting on a formal for all its students on Feb. 6, at Edelweiss and although the formal is for residents, they're allowed to bring two guests outside of residence.

The event is all-ages, with wrist band policy, and along with Hawaiian beach decorations, you

can look forward to free transportation, finger-foods and dancing all night.

The DJ that plays for pub nights in the sanctuary will be pumping out the tunes at the formal.

Resident adviser Debbie Brock, said this is the fifth or sixth year residence has put on a formal for its students.

Every year has a different theme and this year, according to Brock, it was decided to make it a beach theme to get everyone away from their "winter blues."

However, although it is a beach theme, dress

code is still in effect.

Last year's formal was held at Edelweiss and Brock said it was

decided to go there again because of the good prices, the friendly service and because it is close to the residence.

Buses will begin running at the residence at 8 p.m. and will finish at 1 a.m. The bar is close to residence so students who decide to stay later can either cab or walk home.

Tickets are 20 dollars per student, or 35 dollars a couple. They will be on sale till Feb. 5, and are available at the front desk.

You can look forward to free transportation, finger-foods and dancing all night.

Residence without blue box recycling

By IZABELA ZARZYCKA

Students living at the Conestoga residence do not recycle as much as they should.

But they aren't to blame.

Residence rooms don't have blue boxes so students can't separate the garbage from things that can be reused. But why doesn't the staff just put at least one blue box in each room?

According to Gen Blais, an assistant general manager at the residence, there are a couple of reasons. She thinks the students would take the blues boxes with them when they move out or use them for something other than recycling.

She added that students don't like to bring down their garbage to the dumpster that is outside the residence, so they let it pile up until after awhile it's finally brought down.

If recycling boxes are added to each room, Blais thinks that some students would have problems taking it out, especially when they can't take out their garbage on a regular basis.

"I was thinking of putting them (blue boxes) into the lounge on each floor so the students could bring their cans there," Blais said, but felt the students couldn't be trusted to not make a mess. She added that it is hard to get students excited about recycling.

However, she said she is looking into the idea of making the residence more recycling friendly: "I'm looking into it because I'm a firm believer in recycling and it drives me nuts when people don't recycle paper or anything."

She said if the recycling company provides the residence with free blue boxes, then maybe they could try putting them into rooms or into the lounges.

This issue is going to be discussed at upcoming floor meetings to hear students' ideas and address other concerns they have, upcoming events, as well as items of concern.

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Venue for Biz Bash changing

By DANIEL ROTH

In an attempt to appeal to a different crowd of students in the school, the Computer and Business Students Association (CBSA) has changed the venue for its next Biz Bash.

The executive on the CBSA decided to move the Cupid Gets Plastered Biz Bash location from Stages to Club Abstract, in Kitchener, Feb. 6.

Some added bonuses for this Biz Bash will include representatives from The Stag Shop and Molson's giving away many different prizes.

Jessika Kunkle, public relations officer for the CBSA, is excited about what they can offer to the party.

"We have a number of new and exciting games for everyone to participate in," she said.

Kunkle is confident ticket sales will improve for the CBSA's next Biz Bash. "I think ticket sales will increase from the improved promotional tactics used and the two new sponsors."

Prizes will be given away, including ones for the best pick-up line, the cutest couple, the most romantic thing to say and, of course, the Love Shack.

Tickets will be \$4 in advance for singles and \$7 for couples.

Tickets purchased at the door will be \$5 for singles or \$9 per couple.

Tickets can be bought from CBSA class reps and executives, or from the CBSA office located in 1D14-D.

Buses will be running from the Conestoga Residence and Conference Centre starting at 9:30 p.m. for a cost of \$1.

Students compete for journalism scholarship

By VALENTINA RAPOPORT

Katie Osburn thought she either nailed it or failed it.

Little did she know she would be the first prize winner of Conestoga College's first newswriting competition. Held for the first time in November, the competition called on local high school students to fill the shoes of a journalist for an afternoon.

Put together by journalism and broadcasting professor Dave Haskell, the contest awarded a \$2,000 scholarship to enter the college's journalism program next September. A \$1,000 scholarship to enter the program was given as second prize.

Held in the broadcasting studio, college staff and students volunteered their time to create a dramatization of a fire with props, actors and even real smoke. Competing students were asked to observe, interview, and in a one-hour period, write a news report on the dramatization.

Osburn, a Grade 12 student from Guelph Collegiate Vocational Institute, was among 10 other students who participated in the competition.

"I've wanted to write since I was little," said Osburn. "I was so excited that I couldn't even speak," she added, referring to her reaction when she found out she had won first place. Hearing about the competition through her brother, who is attending the broadcasting program at the college, Osburn described herself as a person who works best under pressure and said she knew right away she wanted to enter the competition.

Second-place winner, James Lourenco from Open Door secondary school in Cambridge, was also surprised he won.

"I just thought, 'Oh wow.' I (originally) thought I was outclassed (by others who participated)," Lourenco, who found out about the competition at the last minute through his school principal, has had a letter to the editor published in the Cambridge Reporter and is now working on getting a regular spot in the paper.

"This (competition) will help fuel my writing career," he said, adding, "I think it (the journalism program) sounds like one of the best programs at the college."

According to journalism program co-ordinator Christina Jonas, last

year students applying for the program were only considered if they had an 80 per cent grade or higher in OAC English and a 90 per cent grade or higher in general English. The program, which accepts about 34 students each year, has had more than 350 applicants apply the last few years.

While the contest provides financial aid, it does not guarantee acceptance into the program. Osburn and Lourenco must still meet the grade requirements in order to attend the program and receive the prize money.

"It (the contest) only gives financial advantage (to the winners)," said Haskell, adding, "I am confident the people who were chosen are good writers."

Haskell, who is planning to hold the competition again next year, said many of the high schools didn't hear about the contest until the last minute.

"Any time a new contest is launched it takes a year to become established," he said. "Next year we will have significantly more participants."

Helped by five broadcasting students, Haskell decided to hold the competition in order to inform the



(Photo by Valentina Rapoport)

Katie Osburn from Guelph CVI won first place in Conestoga College's newswriting competition. James Lourenco from Open Door secondary school won second place in the competition. First prize was a \$2,000 scholarship to enter the journalism program. Second prize was a \$1,000 scholarship.

local community and students about the journalism program.

"I wanted to find a way to get good students from local high schools to come to Conestoga," he said. "A contest like this did just that."

As for Osburn, winning first prize has sparked hopes of bigger plans for her future.

"I think it would be interesting to

travel and write for National Geographic some day," she said.

Lourenco, on the other hand, is not yet sure where the course will take him. "So far, I'm interested in print (journalism). I tend to keep my options open though," he said.

The awards were presented to the two students at the college in January by Haskell.

The KPIs are coming to a classroom near you

By MICHELLE TAYLOR

It's that time of year again.

This week, Feb. 3-7, the college will be distributing the Key Performance Indicator (KPI) surveys to students. Every year these surveys are conducted to determine the top-rated colleges in performance quality. So far, Conestoga College has been rated number 1 for the last four years. This will be the fifth year since the KPIs were introduced to Ontario's colleges.

According to Kevin Mullan, vice-president of finance and corporate performance at Conestoga College, the surveys are conducted for the Ministry of Training, Colleges and Universities by an outside company called

Compustat Consultants Inc. Another company called Forum Research Inc. conducts the graduate satisfaction and graduate employer surveys.

According to the Forum Research Web site, there are five KPIs "to measure college performance." The surveys include: graduate employment, graduate satisfaction, employer satisfaction, student satisfaction and graduation rate. Mullan said graduates are surveyed six months after graduating from their program.

The student satisfaction survey will be filled out by students this week.

Students who are in their first semester of college will not be surveyed this year. "The rationale with this is (the students) haven't been at

school long enough to form an opinion," Mullan said.

The KPI results are typically posted between the last week of March and the first week of April. The province does not rank the colleges, Mullan said. It only indicates a percentage which then determines the number 1 college.

According to Mullan, two per cent of a college's total provincial grant is directly related to how it ranks on the KPIs.

The purpose of the KPIs is for students to tell the college what they think, Mullan said. "We don't try to tell students what to say. We get a lot of good data from students and graduates." The college then uses this data to analyse how well it's meeting the students' needs or how to keep, when rated high, serv-

ices going well.

Just as with any survey, things can go wrong. Compustat has an "edit check" in place to ensure the information provided is consistent. "We send them a profile of the student population," Mullan said. "That way it can be sure of the correct information." So, for example, if a program showed that more females or males filled out the survey than were supposed to, the necessary adjustments can be made.

Also, Mullan stressed the importance of filling out the survey correctly because if a student misses information such as his or her program number, that survey will be discarded. "It is important that students listen to the program administrator," he said. This will ensure

the surveys are filled out correctly. Students must also realize, when filling out the survey, that the questions are in "view of the whole program, not just the class they're in." "It's an overall view of all faculty combined and the facility," Mullan said. "That's hard for students to do."

According to Mullan, Conestoga has been rated number 1 the past four years because it has a quality system which looks at what students and staff need. Its high employment rate certainly helps as well. "You don't see vandalism or garbage. (Conestoga) is kept in good shape," Mullan said, adding, "It tends to take a fair bit of pride in itself as well, and we have a very good complement of faculty and staff."

SuperBuild 2002 could help cope with double cohort

By LAURIE VANDENHOFF

SuperBuild projects, campus expansions and double cohort issues were once again subjects concerning the Board of Governors at their Jan. 27 meeting.

Members of the board learned about the details of the college's latest SuperBuild project with the deadline for proposals for the latest round of grants due the afternoon of the meeting. Kevin Mullan, the board's secretary-treasurer, assured members the report was hand-delivered on Jan. 24. Conestoga's previous SuperBuild project from 1999, the E-Wing, will act as a stepping-stone for the next anticipated expansion.

Mullan, also the college's vice-president of finance and corporate performance, explained that the college's proposal focused on the addition of another wing, similar in size to the existing E-Wing, that

will be adjoined at the glass partition that overlooks Parking Lot 12.

"The E-Wing was designed for that," said Mullan. "That's why we can get construction costs so low."

It is projected to accommodate another 1,150 students in more than 90,000 square feet of space at an estimated cost of \$14.4 million. The college is requesting \$9.7 million from the province to fund the project.

Mullan told the board the college's proposal met all of the requirements set up by the province, including a non-government funding goal of 30 per cent. The college exceeded that target by three per cent, incorporating the \$1.2 million the college has already confirmed from outside resources.

Initially, when the college first learned of the latest round of SuperBuild grants on Dec. 20, the planning committee intended to

use the money to fund a new campus in Guelph, but decided that the project would be too expensive for the available funding. The college feels it is necessary to expand in Guelph to accommodate an expected full-time student population of 7,500 by 2006.

The college hopes to hear from the province by mid-March about whether Conestoga will receive funding for the project.

Another design for a 20,000-square-foot addition to the ATS centre at the Doon campus is also in the works, with Tibbits canvassing the City of Kitchener for funding.

Mullan said all of the college's applications for expansions and grants are looking positive.

Despite a tight construction deadline for the 2002 SuperBuild project, Mullan told the board the school would easily meet the targets and, if awarded the grant, the

college would hope to open the new wing by September 2004.

"The main driver is the double cohort," said Mullan, another major issue discussed by the board. Regardless of the already confirmed 12.3 per cent increase in applicants, the college expects to be properly funded. Through an agreement with the province, each school will receive \$4,200 per student to help cope with the influx because of the elimination of OAC.

According to the report submitted by Jennifer Leith, an associate registrar, the college will have an updated tally of applications from the Ontario College Application Centre by Feb. 14. It will include a complete count of applicants who applied by the Feb. 1 deadline.

The report also mentioned increases in enrolment spaces that will help deal with the growth of students attending the

college. Another 1,875 spots are being created, totaling a 15.3 per cent jump in student population, with the largest increases in the business programs from 1,747 spots this year to 2,082 next year.

Generally, the smallest growth was in health sciences, only due to the phasing out of the previous three-year registered nursing program. All of the deans were present to justify changes in enrolment.

The college's learning resource centre is another area tackling expansion and double cohort issues. Catherine Wilkins, the director of the LRC, presented the board with an extension plan for the centre. The project needs funds to help with the proposed 56,000-square-foot expansion that would allow for another 500 seats. If construction begins in May as intended, renovations would be complete in September.

Teacher tracking gets go-ahead

High school teachers will have to be on their best behaviour.

Waterloo Region public school board trustees approved a plan to implement a teacher tracking system on Jan. 20. The new system will track problem teachers when they move from school to school within the Waterloo Region District School Board.

But some think the new system isn't strict enough.

The board will create files on more than 5,000 teachers and school employees. When teachers move to a new school, their file will move with them and will be reviewed by the principal at the new school.

Files will contain routine transfer documents as well as discipline-related records, written notes of concern, performance appraisals and reasons for transfer.

The Waterloo school board will also keep files with similar documents.

What worries some trustees is that some notes of concern and unproven suspicions will not be included in the files.

The informal notes will be removed before the file is forwarded to the new school. Removal of the notes will make it hard to track patterns of behaviour that may need further investigation.

While unproven suspicions may not be included in the files, principals with undocumented concerns may discuss them verbally.

It is the principals' moral right and obligation to share this information to protect students and enhance the quality of education.

Without such a system history can and will repeat itself, leaving students the victims.

Development of the system came in the wake of the Ronald Archer case.

Archer, a long-time teacher with the board, was convicted of abusing a male student while teaching at Forest Glen public school in New Hamburg and sentenced to four years in jail.

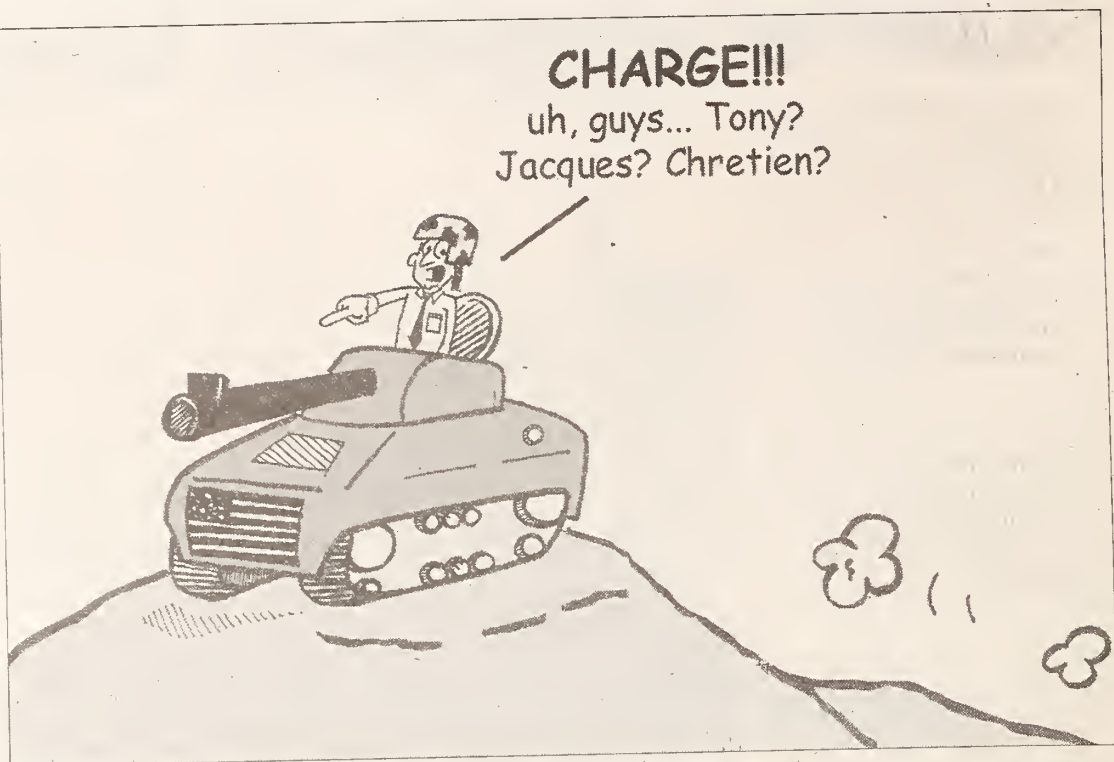
His trial and the following investigation showed Archer was forced to leave three successive schools between 1983 and 1996. His departure came after continual reports of harassment and sexually questionable behaviour.

It was later found that none of the reported problems followed him to any of the schools, leaving him with a clean slate each time.

Students should be protected against predators, and have the right to a safe educational environment.

In a Jan. 18 edition of the Kitchener Record an article quoted the former head of public school counsels, Wendy MacMillan, as saying that the system is a "good compromise" because it is strict enough but still fair to teachers and will help protect students better.

The system may seem too stringent now, but when reviewed in a year it may be it isn't strict enough.



Look on the brighter side

Think back to a day when a stranger was a friend whose name you didn't know yet, children could go to the corner store without their parents and being a kid meant you got free candy. The world seemed to be a carefree place and a smile was never hard to find.

What happened to that world?

Our lives are now driven by fear. Trust no one and never talk to strangers.

I've been lucky enough to find an escape from this pessimistic world. My escape comes in the form of a local convenience store. I regularly stop in at Farah Foods at the corner of Lancaster and Victoria streets in Kitchener to buy my cigarettes. It is there that I can revisit my youth and feel welcomed by one man who I would gladly call my friend.

However, I didn't know my friend's name until I decided to write this story. Mubashar Ahmed is an average blue-collar citizen managing a convenience store to make ends meet. But in my eyes he is by no means an average man.

Ahmed is one of the few people left in this world that truly cares for everyone he encounters. He knows all of his customers and remembers their regular items



Blake Gall

Opinion

like no one else would. His smile can brighten anyone's day; it's brightened mine more than once.

Upon returning from Christmas holidays I had a carton of cigarettes so I had no reason to go into Farah Foods. Once the carton was gone I returned after about a month's absence.

I entered the store and was greeted with a warm hello from Ahmed. When he realized it was me he quickly questioned where I had been.

I explained and he forgave me and let me know that he was worried about me and missed my frequent visits. He then grabbed my cigarettes off a shelf before I could ask for them and wished me a good day.

I was suddenly in one of the best moods I'd been in in long time. It's amazing how much a smile can lift your spirits.

A smile is probably one of the greatest gifts we can give each other. It doesn't cost a dime but it is

sure to please.

I like to think that I am a polite person and I treat others with respect. But those manners aren't always returned, so I often get discouraged and fall into the trend of avoiding contact with anyone I don't know. I truly feel this trend needs to end immediately.

Living in a world of war, terrorism and violence, it is hard to think that anyone has a heart. Ahmed proves otherwise, and in turn, he has taught me a valuable lesson about people. Not everyone is a cold, emotionless being. There is still hope that compassion lives on in some people.

I think that everyone has their own Ahmed in their life, someone that makes them laugh, if even for a quick second. From those people we need to learn that a little goes a long way.

The compassion of a stranger means a lot and should be appreciated.

From now on, everyday that I wake up I plan to smile at someone new and share my heart with them. I only hope they will pass the smile onto someone else. It will take about one second out of my day but will hopefully make a difference.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr.,
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N2G 4M4

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Editor: Marcy Cabral

Advertising Manager: Sarah McGoldrick

Circulation Manager: Tori Sutton

Photo Editors: Mary Simmons, Marc Hulet
Julianna Kerr

Production Managers: Stacey McCarthy, Daniel Roth,
Laurie Vandenhoff and
Nicole Childs

Spoke Online Editors: Shannon McBride and
Denis Langlois

Faculty Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.
Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Web site: www.conestogac.on.ca/spoke

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Student learns cold lesson about being prepared

Walking down the eastbound lane of Highway 401 at 1:30 a.m. on the coldest night of the year isn't all that much fun.

That's a tough lesson I learned after my car ran out of gas on my way back from Guelph on Jan. 22.

I was coming from a club where I had met a friend, and thinking only of personal style, I was wearing a fall jacket that didn't keep cold air from chilling my entire upper body.

As I was walking towards where I thought the closest gas station might be, I was trying to keep warm by wearing thick mittens, a Maple Leaf tuque and the thin, fall jacket.

I brought along a flashlight, which I kept in my trunk, that I received from my grandpa.

I had the flashlight shining towards



Jason Middleton

Opinion

the ditch so people would know I was there, but the only people who were driving at that time of the night were transport drivers and people who I probably did not want to get a ride with.

My cellphone was left conveniently in my dorm room.

I'm a Canadian Automobile Association member, but since I didn't bring my phone with me, I couldn't call them and had to walk in the

cold to the nearest gas station.

As I neared the closest off-ramp, which was about one kilometre away from my car, I climbed the embankment in my shoes. The shoes weren't really equipped to handle the terrain, or the cold for that matter.

As I reached the top of the hill, I realized that I had better look and try and find a gas station that was reasonably close.

I thought I saw one to my left, so I headed that way. By this point my fingers were still warm, but my upper torso was starting to feel the effects of the cold.

I had heard on the news that day that frostbite could occur within 30 minutes in this type of weather.

It was -25 C, but felt a lot colder.

At this point I had been exposed to the cold air for about 15 minutes. I arrived at the gas station and explained to the attendant my situation.

She sat behind the counter unimpressed, like she had heard this story a million times before. She said I would have to buy a gas tank for \$6.99 and fill it up. Apparently it is illegal to lend out a gas container.

So I bought the tank, and said to the clerk that this was a horrible night for this to happen. She retorted, it could be worse.

I certainly wasn't going to get any sympathy from her.

Walking to the car I had the gas container in my left hand and flashlight in my right.

A police car passed me completely

oblivious to my situation.

I made it back to the car only to find myself struggling with the container and its nozzle.

Luckily, the flashlight helped me guide the nozzle into the car's gas tank.

As I drove away, I realized how much faster the distance I travelled by foot went by travelling in a car at 100 km/h. I'm lucky I wasn't stuck in the middle of nowhere.

To prevent this from happening to you, I make the following suggestions: make sure you have enough clothes in your car to keep you warm if the unexpected happens; if you have a cellphone, bring it with you; keep a blanket in your car to keep you warm; and get a gas container just in case.

Alumni Services welcomes new member

By BLAKE GALL

Conestoga's Alumni Services has a new member and she's pumped about her new job.

Margie Williams, of Cambridge, moved into her quaint office on Jan. 13. Williams is Conestoga's newest alumni assistant, replacing Erica Stoermer while she is on maternity leave.

After spending 13 years in customer service at Colonial Cookies, Williams was ready for a change. She took four months off to relax a bit before applying for the alumni assistant position through Conestoga's Web site.

"The customer service skills made the transitions easy," Williams said adding, she is looking forward to assisting alumni services officer Monica Himmelman,

"She fits right in with all the other girls here," Himmelman said.

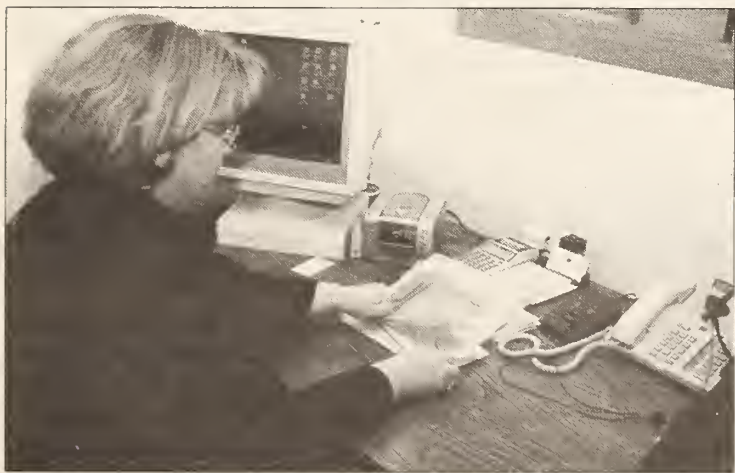
She added that Williams is joining the best department in the school, which should make her feel welcome.

As assistant, Williams is responsible for looking for lost graduates, checking records, tracking and connecting with people.

Her day is spent sorting through mail and sending out information to the last address left with the school when students graduate.

Although she is only on a one-year contract, she is delighted to be a part of Conestoga's team. She spent a week with Stoermer training for the position, and with Himmelman next door, she has no worries of making mistakes.

"It's a great atmosphere here and so far everything is going great," she said.



(Photo by Blake Gall)

Margie Williams, the new assistant in Alumni Services, searches for information on graduates who have relocated.

From the Sanctuary

"Clubbing around"

If there is one thing that is consistent at Conestoga College, it's that students like to hang out in groups.

Look around the Sanctuary, the cafeterias, the library and computer labs and you will see students huddled together working frantically to get some assignment done or just laughing with each other over a game of cards at lunch. No matter what they are doing, however, they are socializing.

Conestoga Students Inc. also has opportunities for students to socialize in a variety of ways. Of course these are the CSI clubs.

The CSI can't think of a better way for students who share similar interests to get together and have a good time than through our clubs.

Currently, the number of clubs is rather small. But this doesn't mean the situation has to remain that way.

Students are encouraged to explore what they love to do. College is the time for growth and self-exploration. Hanging out and socializing with students who share the same interests is a great way for students to grow as people. Clubs are also an integral part of student life.

The CSI encourages students who share similar interests to get together and see if they want to be a club.

Of course, there are rules associated with the CSI clubs. But then again, there are always rules with everything in life.

The biggest rule the CSI expects clubs to abide by is making the club open to any student at Conestoga, whether that student is enrolled at Doon, Guelph or Waterloo.

CSI also requires each club to have a minimum of 10 students at all times for that club to remain recognized by CSI.

But CSI is here to help the clubs, providing staff assistance to ensure each club will run and offer the best service possible to the student body.

Perhaps the best aspect about having clubs on campus is they are student-driven. CSI does not want to run the clubs. The students who are involved with each club set the direction that club takes. CSI is there to offer help and make sure the clubs follow the policies set out by CSI.

If you're interested in our clubs, come down to the CSI office and let us know. We can very easily tell you what we have to offer.

If you're interested in starting a club, come down to the CSI office and let us know. We can give you all the information you need to get your club off the ground.

Clubs are very important to student life on campus and CSI is offering the opportunity for your club to get started.

CSI is here for the students and the clubs are a great way for students to get involved.

A message from Conestoga Students Inc.



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FITNESS SCHEDULE - JANUARY 13th - APRIL 17th, 2003



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Shinny Hockey/11:00 am-12:50 pm	Step Aerobics/7:00 am-7:50 am	Aerobics/7:00 am-7:50 am	Step Aerobics/7:00 am-7:50 am	Shinny Hockey/11:00 am-12:50 pm	Yoga/9:00 am-10:20 am
Yoga/12:10 pm-12:50 pm	Public Skating/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm	Shinny Hockey/11:00 am-12:50 pm		Tai Chi/10:30 am-11:50 am
	Stability Ball/12:10 pm-12:50 pm	Yoga/12:10 pm-12:50 pm	Yoga/12:10 pm-12:50 pm		Tai Kwon Do (ages 4 - 12) 12 pm-1:20 pm
Step & Tone/4:30 pm-5:20 pm		Body Blast/4:30 pm-5:20 pm	Stability Ball/4:30 pm-5:20 pm	Women's Shinny Hockey/3 pm-4 pm	Tai Kwon Do (ages 13+) 1:30 pm-2:50 pm
Cardio Knockout/5:30 pm-6:20 pm	Pilates/4:30 pm-5:20 pm	Stability Ball/5:30 pm-6:20 pm	Kickboxing/5:30 pm-6:20 pm	MEN'S VARSITY HOCKEY HOME GAME WEDNESDAY, JANUARY 22nd, 2003 7:30 pm VS SIR SANDFORD FLEMING COLLEGE	
Kickboxing/6:30 pm-7:20 pm	Boot Camp/5:30 pm-6:20 pm	Kickboxing/6:30 pm-7:20 pm	Self Defence/6:30 pm-7:20 pm		
Yoga/7:30 pm-8:30 pm	Latin Dance/6:30 pm-7:20 pm	Yoga/7:30 pm-8:30 pm	Latin Dance/7:30 pm-8:30 pm		
	Karate/7:30 pm-8:30 pm				
	Self Defence/8:30 pm-9:30 pm				

Investigating your travel options

By STACEY MCCARTHY

If you're planning on getting away for spring break — start booking now. Many travel companies that provide package deals to students are already sold out or selling out.

However, before starting your search, clearly set out a budget. It's very easy to get distracted by the hundreds of locations and packages available. Make a plan, so you know exactly what you're looking for. It's possible to spend hours browsing through magazines and Web sites that turn out to be useless. And be sure to use the deal finders available at both travel agencies and online companies.

They allow you to give certain specifics of your trip, like duration, location and date, and computer programs will search databases to give you a list of possible travel plans and various deals.

Many students say Breakaway Tours is one of the best places to find a deal. Breakaway offers great packages for March break — \$359 Cdn for five nights in a quad-occupancy room in Quebec City, six nights in a quint-occupancy room at Daytona for \$399 and \$1,249 for both the flight and a seven-night, quad-occupancy room at Acapulco. These are good deals, but be sure you read the fine print underneath before signing up.

The transportation to Quebec City by bus could have an additional fee depending on where you live. Kitchener-Waterloo residents need to add \$10 Cdn, London residents must add \$20 and Windsor residents must add \$30.

The trip to Daytona is cheap, but that's because it's only offered between Feb. 16 and 22 — not during the traditional spring break time. And if you want to go in mid-March the price jumps to \$489.

Tony Fera of Consumer Travel says European vacations are popular with students. But they're not cheap. Some of the less expensive flights from Toronto to London in May still ring in at \$705 US or \$871 US to fly from Toronto to Dublin.

However, when you're booking airplane tickets, you should be



(Photo by Stacey McCarthy)

Travelling is popular with students, especially near the March Break holiday. With so many possible destinations to choose from, one must be patient and thorough while doing research.

aware of the extra costs. A \$400 ticket could jump to \$450 or \$500 after passenger facility charges, security fees, per segment excise taxes, over-the-water taxes and international travel taxes. Be sure you factor these necessary, non-refundable fees into the final price of your ticket.

Another popular company, Travel Cuts, says the key to finding the cheapest airfare, especially to those popular overseas locations like England and Australia, is to be flexible. Which season you travel in, your departure time, length of stay, amount of luggage, what airport you choose and how far in advance you book, all affect the price of your ticket.

It's sometimes cheaper to fly mid-week or to have a stopover flight instead of a round-trip ticket. But to get a good deal, you need to keep all your options open.

Travel Cuts' best current deal is its Student Class Airfares program. It boasts low prices and a great amount of flexibility like low fees for date changes and overseas help with changes too. And claiming to understand the importance of cost to students, Travel Cuts says it always finds the best deals for customers and compares prices as well.

The Travel Cuts Web site has a

huge selection of budget hotels and hostels to fit every budget. According to the Hostelling International Guide, many hostels in the United States have been found to be less than stellar because they aren't the primary means of accommodation in the U.S.

However, the hostel business in Europe is extremely popular and most facilities are in excellent con-

dition. In fact, many hostels in Australia even approach the luxury of a four-star resort. And the good news for budget-conscious travellers is that hostels and budget hotels are a cheap place to rest your head — some cost as low as \$27 Cdn per night.

QUICK TRAVEL TIPS

Even the best-planned vacations will have a few surprises along the

way. Many things can go wrong — lost luggage, late rental cars, wrong maps or a hotel you booked over three months ago has never heard of you.

Local travel agencies like Consumer Travel, Euro Travel and Sun Vacations say the most common complaint they hear from travellers centres around lost luggage. The solution is to travel lightly — try to take only two carry-on bags. That way you can keep everything important with you, and you don't have to worry about checking and losing your bags.

The second biggest complaint of travellers is having too much or too little money. No one wants to carry thousands of dollars in travellers cheques, nor do they want to be short when they get the hotel or car rental bill. The solution? Interac.

Most locations internationally accept Interac and it's sometimes possible to get a better rate of exchange when using debit or credit cards.

Another plus with some credit cards like Visa is that when renting a car, many rental companies will overlook some travel insurance fees providing you book your rental with a credit card.

Travel agents still needed

The growing number of travel Web sites is making it easier for Internet browsers to book entire vacations from their computers. From airplane and hotel reservations to theatre tickets, all the necessities can be reserved at the click of a mouse.

Tony Fera, an agent at Consumer Travel in Guelph, says that despite the ease of organizing trips online, he's not worried about the future of travel agencies.

"I think people still appreciate the personal contact they get from an agent," says Fera. "Especially when you're online and you run into a problem, or you have a question about an application the

site can't answer. What do you do? Who do you talk to?" Fera says many site owners are hard to contact and in fact, many users don't know who they should be contacting anyway.

He says another perk of booking trips through travel agencies is that many have better prices than online companies. "We can offer packages and deals for customers because we have more selection."

Many online companies only offer around 20 per cent of the total travel options available, says Fera. The rest can't be accessed online.

Another problem with booking

online is that many people don't know where to start their searches. There are hundreds of Web sites for hotels, planes, trains and buses. It can be overwhelming, especially when trying to price compare between hundreds of options.

That's where the assistance of a travel agent comes in handy. For a small fee they can assist you with all the details — tickets, hotels, car and rail reservations.

And travel agencies also offer their clients assurance, says Fera. "A lot of us have been to many of the locations, so we know what we're talking about."

Patch provides peace of mind

By IZABELA ZARZYCKA

Do you keep forgetting to take the little pill each day?

Now there is a new way that you can be sure that you are protected from an unexpected pregnancy.

A new birth control method will be introduced in Canada later this year and should be a blessing to women who are tired of taking the pill.

It's a patch called Evra, but it is only available by prescription. This patch can be worn anywhere on a woman's body, including her buttocks, upper torso, abdomen or arms, except for her breasts.

In an Aug. 23 article in the Globe and Mail, it said the patch is the size of a matchbox and paper thin. It works just like the pill, releasing hormones through the skin and directly into the bloodstream. Karen Beaton, a senior medical

assistant at Janssen-Ortho, the company that will be selling the patch, said it is worn for one entire week before being removed and a new one applied. On the fourth week of the month no patch is worn. She added the patch is 99 per cent effective and sensitive to all skin types.

However, Ronda, a council coordinator at the Planned Parenthood clinic in Waterloo Region, whose last name cannot be published due to clinic policy, said people who are allergic to adhesives, like glue that is found on the patch, may experience some skin irritation. She added the area where you apply the patch should be clean, dry and free of any cosmetics.

The patch is applied by pressing it on firmly and holding it for 10 seconds to make sure it sticks. The patch should be checked everyday to make sure it is still sticking properly.

If, for some reason, the patch falls off or is coming off then you should not try to re-apply it, said Ronda. An extra patch should be put on, which should be provided by your doctor. The patch stays on while a woman swims, exercises, bathes or showers. Warm, humid conditions will not affect the patch.

Beaton said it should not be worn in the same place week to week. Instead women should rotate the patch to make sure the skin does not get irritated.

The Ortho-Evra Web site, <http://contraceptive-patch.ortho-evra.com> states cigarette smoking increases the risk of serious cardiovascular side effects. Women who are using this contraceptive are urged not to smoke.

Currently, there is no set price for this birth control, but Beaton said it will be slightly more than the pill.

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crawling in the face, arm or leg

✓ TROUBLE SPEAKING
Temporary loss of speech
or trouble understanding speech

✓ DIZZINESS
Unsteadiness or sudden falls,
especially with any of the above signs



Seek immediate
medical attention
if you have any of
these symptoms.

Convenient and fast foods contribute to obesity

By CARRIE HOTO

The battle of the bulge is on. The number of obese adults has risen 24 per cent since 1994, according to Statistics Canada.

Obesity is an epidemic that is taking over the world in a hurry. A report from the World Health Organization shows that the number of obese people doubles every five years. Canada is one of the highest-ranking countries for obesity; approximately 33 per cent of citizens are considered obese.

Obesity is determined by your Body Mass Index (BMI), which is a calculation used to find your mass based on your height and weight. To figure out your BMI you calculate your weight in pounds, divide by your height in inches squared and then multiply by 725. A healthy BMI is roughly between 20 and 25. According to www.chl.ca, people who have a BMI of 27 or more are considered obese and face health issues.

Many doctors said that obesity is not a cosmetic issue, but rather a health issue. "Obese people are at a much higher risk for heart disease and diabetes, those are the two biggest ones. But, you also face high blood pressure," said Kathy Page, a public health dietitian for Haldimand-Norfolk county.

It costs Canadians roughly \$2 billion a year to treat obese people, according to www.chl.ca. High blood pressure and Type 2 diabetes were among the most costly health issues treated.

Dr. Laird Birmingham, a researcher at the University of British Columbia, said people need to be concerned when they gain even just a little bit of weight. He advises people to lose the excess weight instead of waiting until they have packed on 40 or 50 pounds.



(Photo by Carrie Hoto)

High fat and high caloric foods have become part of everyday life for many Canadians.

Once you gain weight, it can be hard to shed. The more obese you are, the harder it is to lose the weight.

So, how did our society become so fat?

"Well, if you think about children and teenagers, it is mostly because they are less active," said Page, adding, "There is more TV, computer and Nintendo games now."

Page also said there are more convenience foods and people are eating a lot more fast food. "Super-size foods are a lot more prevalent today," she added.

There are two things you can do (to lose weight); the first is to get moving. Activity burns calories. The second part is look at how you are eating. "For an adult, be more of a role model and put more focus on that," said Page.

Specific ways to lose weight include: joining a gym, start walking every night, or just watching what you eat. There are other options for people who are morbidly obese. One procedure staples the stomach, while another involves

getting an elastic band put around your stomach.

Sharon Osbourne, wife of rock star Ozzy Osbourne, had Lap-Band surgery after reaching 225 pounds. The Lap-Band is similar to an elastic band. It is placed around the stomach and its function is to restrict the amount of food taken in.

"In my life I've seen the way people react to fat people. Somebody once said that it's more accepted to be a drug addict than it is to be fat, and it's true," said Osbourne in an interview on 20/20 with Barbara Walters in November 2002.

Carnie Wilson, daughter of Beach Boy Brian Wilson, also underwent surgery to lose weight. Wilson had laparoscopic gastric bypass surgery. According to www.spotlighthealth.com, Wilson, who was a singer for Wilson Phillips and host of a daytime TV show, had surgery on Aug. 10, 1999. Five weeks after the surgery Wilson had lost 40 pounds.

Al Roker, weatherman and feature reporter on NBC Today,

reached 320 pounds before he decided to have gastric bypass surgery. According to People magazine's November 2002 issue, Roker had surgery in March and has already lost more than 100 pounds.

According to www.niddk.gov/health, gastric bypass surgery is a procedure that basically staples your stomach. The stomach is separated into a small upper stomach, which still receives food, and the lower part of the stomach receives no food. Then the surgeon cuts the small bowel and attaches it to the small part of the stomach, so when the patient eats, the food is re-directed from the stomach right to the small intestine.

Although this surgery helps you lose weight, there are many risks involved. The Web site said after the surgery 10 to 20 per cent of the patients experienced complications and needed further surgeries. One of the most common complications was abdominal hernia. Another complication was gallstones. You could prevent gallstones by taking supplemental bile salts for six

months after the surgery. Almost a third of the patients also suffered from nutritional deficiencies including: anemia, osteoporosis and metabolic bone disease. Vitamins and minerals did help these deficiencies.

However, there are some benefits to the weight-loss surgeries. Results have shown that for 18 to 24 months after you have the surgery most patients lost weight quickly. Results also showed that they only gained back approximately five to 10 per cent of the weight they lost. According to www.niddk.gov, most people who have these surgeries lose about 100 pounds.

These procedures are not meant for people who only need to lose around 50 pounds. You have to have a BMI of 40 or more, a life-threatening obesity problem like diabetes, or physical problems such as difficulty walking, or an inability to work.

Before you think about surgery, there are other options you should consider. "You can get help from a dietitian, to get one-on-one assistance. You can go to a recreation centre and see what programs are available and see what programs interest you," said Page, adding, "I think they (surgeries) are extreme measures. Try the lifestyle changes first and try hard to follow that for a long time and if that doesn't work, then go talk to your doctor. The surgery is an extreme last resort."

It is predicted the epidemic of obesity will only get worse, unless people start observing what they eat, and what they don't eat. According to www.ihpra.org, people need to start being more physically active and need to "curb their appetite for fast, convenient, high-caloric foods," said Art Salmon, of the Canadian Physical Fitness and Lifestyle Research Institute.

We come in all shapes and sizes

I'm flipping through a magazine and I see an ad that says, "Sticks and stones may break her bones but names could make her starve herself to death." On the next page there is a story on Kate Winslet and the controversy surrounding her magazine cover.

Winslet's face was grafted onto a thinner body for her cover shot on Bazaar magazine. She later had her body digitally slimmed down for her cover of G.Q. magazine, though later in an article Winslet said she was happy with her body.

On the opposite end of the spectrum, Gwyneth Paltrow (Shakespeare in Love), digitally enlarged her body for the movie poster Shallow Hall. Is any woman of any size happy with her figure? I don't think so.

I am a 5'3, 95-pound student, who has been picked on just as much as anyone else. I go into stores and worry about whether they are going to have my size, and get upset when they don't. I hate always having to buy children's clothes and wondering if a certain pair of pants makes me look too skinny.



Sinead McGarry

Opinion

So do I have an eating disorder? No, I eat just as much as many guys that I know. But, I too, like so many others, wish I could change my body. Some of you may think you need to lose 20 pounds; I would love to gain 20 pounds.

Is it the media that sets the standard for women? That seems to be where most people point their fingers. Or is it the people we surround ourselves with? When I go home and see old high school friends, all they talk about is who gained the frosh 15.

Why do women do this to women? Why do we pick on and insult each other? I have come to accept my weight. This is my body type. We have to learn to accept ourselves and each other. No one is perfect, we all have feelings, and names do hurt.

Waterloo church offers free meals to hungry post-secondary students

By JASON MIDDLETON

It's a Thursday and all you've got to eat is a can of Spam and a couple of rotten apples.

Are you out of luck?

No, you're not, thanks to the people at Waterloo's Pentecostal Assembly.

Every Thursday night they give students a free meal, with absolutely no catches.

The free meal has been offered to students at the University of Waterloo, Wilfrid Laurier University and Conestoga College on every Thursday of the school year since September 2002.

Gloria Beattie, 19, who is a student at Wilfrid Laurier University, and Dahl Botterill, 23, who is a student at the University of Waterloo, both come to the dinner every week.

Botterill says he comes, "partly to hang out with people and partly because it's free food. Starving students can use free food."

He says a normal night at the Feeding Frenzy is you "come, get your food, sit down, eat, talk to people, and that's about it."

Kent Allison, 32, the young

adults pastor and co-ordinator of the supper at the Waterloo Pentecostal Assembly, says, "When people first come they normally sit there and wonder when there is going to be a message, or sermon. They always react positively when they realize there isn't one and they often come back."

"There is always hesitation when they find out it is in a church gym and they think there is going to be some kind of preaching or we're going to want them to do something," says Allison, who has been the young adults pastor since June.

Although organizers hope to feed 200 people each week, most weeks find only about 45 students coming.

The week with the biggest turnout was when they served steak. About 100 students were present for that meal.

Beattie, a business administration student at UW, predicts that by the end of the year more students will poke their heads through the door.

She says, "I think most people are more likely to come later in the year, once they've realized they've used all their OSAP money quite

early, they still have two months of school left and they have no money."

Beattie says the advantage of not a lot of people coming is the leftovers.

"If you stay a little later than most people you'll get the leftovers," she says, adding sometimes it lasts her several days.

Allison says the idea for the free meal for students was first discussed during a meeting of the young adults group. Members tried to figure out what would be helpful for students.

"We recognized the need as tuitions are flying high for all the students. We just wanted to do something that would be giving back to the community and so we came up with a free meal every week for the students."

With future plans for serving chili, pasta, and ham, Allison warns that if students are not taking advantage of the meal, they will reconsider it next year.

The meal is served from 5:30 to 6:30 p.m. every Thursday. The church is located at 395 King St. N. in Waterloo. For more information, contact Kent at 884-0530.



THE "PUT-IT-OFF PEOPLE" — aka PROCRASTINATORS

There's a paper due next week and two tests tomorrow.....and you find yourself doing any number of things besides what you need to do.

Here are four different personality types who tend to procrastinate...you may find that you identify with more than one...

The perfectionist:

- Set high goals for yourself.
 - You have great expectations of what you can be.
 - You retreat into fantasy when reality doesn't meet your expectations.
 - You fear mediocrity.
 - You plan to put more structure into your life, but don't get around to doing it.
- Your challenge: to become a doer not a dreamer. Try for real goals instead of aiming for perfection.**

The postponer:

- You live for the moment.
 - You have a low tolerance for frustration and you hate boredom.
 - You avoid any work that's tedious and not stimulating.
 - You don't plan or prioritize.
 - You hate feeling pressured.
- Your challenge: to take responsibility.**

The politician:

- Other people like you because you invest time in pleasing everyone.
 - You choose to do things because other people want you to.
 - You are easily swayed by the opinions of others.
 - You have difficulty making decisions.
 - You're easily distracted.
 - You put off tasks so you can do something else that will please others.
- Your challenge: to learn you can't please all the people all the time.**

The punisher:

- You recognize your procrastination patterns.
 - You feel trapped, believing you can't change.
 - You're self-critical.
 - You're extremely sensitive to your own mistakes.
 - You have extreme black-and-white perceptions of yourself and others.
- Your challenge: to loosen that all-or-nothing attitude.**

**DEALING WITH PROCRASTINATION =
LEARNING TO SET REALISTIC GOALS.**

3tomasevic/ciportheweek/procrastination/putitoff

CALL FOR NOMINATIONS for the

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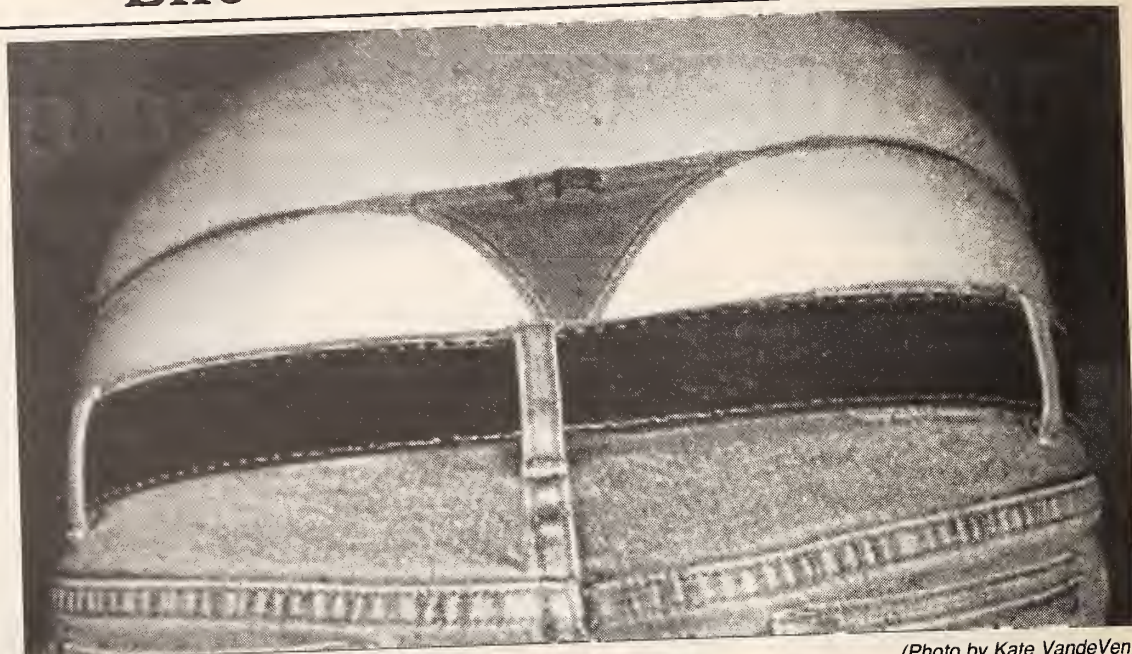
Would you like to nominate
a distinguished teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nominations forms, contact one of the following committee members:

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School of Engineering Technology — Rudy Hofer	ext. 3832
School of Health & Community Services — Titia Taylor	ext. 3392
School of Health & Community Services — Stephanie Futher	ext. 3905
School of Trades & Apprenticeship — Greg White	ext. 3831
Chair, Professional Development — Edith Torbay	ext. 3381

Nominations open on January 13, 2003
Nominations close on March 14, 2003



(Photo by Kate VandeVen)

Low-rise jeans are the new trend in pants, but a doctor in Timmins says the fashion may be a health hazard to those who wear them.

Avoid being a fashion victim

By KATE VANDEVEN

Are you a victim to fashion?
If you are, this article is definitely something you will want to read.

According to a Canadian doctor, low-rise jeans could be a health hazard.

The doctor, Dr. Malvinder Parmar, who runs out of a hospital in Timmins, said wearing the jeans for prolonged periods of time can lead to a condition called paresthesia.

It apparently causes a tingling or burning sensation in the thighs and mild tenderness, but fortunately, nerve damage is not supposed to be too serious.

Parmar treated three women who were suffering from this condition after wearing hip-huggers for six to eight months.

And supposedly, after six weeks

the symptoms disappeared.

Here is the catch.

Paresthesia is also linked to obesity, car seat belts, sitting with crossed legs for extended periods of time and wearing tight tool belts.

The three women that the doctor treated were said to be "slightly obese." So how he correlated the condition with the type of jeans they wore is hard to say.

However, if this is true, will low-rise jeans become less popular? Will people wear them less?

Carla Kowalyk, 20, wears low-rise jeans almost everyday and said she has experienced no tingly thighs.

Kowalyk is in her first year in journalism and thinks the health warning is a joke. She said she will continue to wear the jeans not just because she is a victim to

fashion, but because the jeans make the stomach look more flattering.

Christa Campbell, 19, also is skeptic about the health hazard. She agrees with Kowalyk in that she will continue to wear low-rise, even though they are said to cause problems.

Campbell said she wears the trendy jeans because it "makes her feel pretty."

Along with her student companions, Ashley Coles, 19, will continue to wear the jeans, despite the warning. She too believes it is a joke and said the only way she can see the jeans being a health hazard, is if the person's hygiene is bad.

So, whether or not you are a victim to fashion, or just doubt Dr. Parmar, it's up to you, if you believe in the tingly thighs as a warning!

Learn to cope with daily anxiety

By MARY SIMMONS

Anxiety is something we face on a daily basis, but sometimes it can be overpowering.

According to WebMD.com, anxiety is the fight or flight response that enables us to react to the stressful situations in our lives.

In an online article, Jerilyn Ross, director of the Ross Centre for Anxiety and Related Disorders, said anxiety helps to motivate us and prepare us for the situations we have to face. It can also give us the energy needed to take action.

Ross said one example is when you have a big job interview coming up. The extra time spent getting dressed or rehearsing what you're going to say is the kind of anxiety which can motivate you to do better.

"It helps you protect yourself," she said.

There are times, however, when it doesn't take a specific threat to send us into anxiety mode. The possibility of a crisis can also set us on edge.

"The difficulty comes in learning to tone down that automatic response and to think, 'How serious is the danger? How likely is the threat?'" said Dr. Linda Andrews, assistant professor of psychiatry and behavioral sciences at Baylor

College of Medicine in Houston in the same article.

"The thing about anxiety is, it can take on a life of its own," Andrews said. "Everything becomes a potential crisis. The unthinkable has happened. So around every corner, there's the next possible disaster."

When anxiety is taking a toll, your body knows it. You have trouble sleeping, eating, and concentrating. You get headaches; your stomach is upset. You might even have a panic attack. The symptoms include a pounding heart and a feeling of lightheadedness.

Anxiety may also feel like depression.

When anxiety becomes so overwhelming that it interferes with day-to-day activities it's a sign you need help, said Ross. This can include keeping you from going places and doing things you need to do.

In the case of such overwhelming anxiety, people can make bad decisions.

"They're avoiding things, or they're unable to rise to the occasion because the anxiety is too much. They're procrastinating because they can't concentrate, can't stay focused. It's really interfering with their day-to-day life. At that point, they may have a more serious anxiety problem and need

professional help," said Ross.

To cope with anxiety, separate the real risks and dangers that a situation presents and those your imagination is making worse, said Ross.

"Ask yourself: Where can you take control of a situation? Where can you make changes? Then do what needs to be done," she says. "What things do you simply have to accept? That's very important."

When anxiety becomes overwhelming, Ross said it's time for a therapist, or perhaps medication.

You may also have to change the way you breathe.

"When people get anxious, they tend to hold their breath. We teach people a special diaphragmatic breathing: it calms your system. Do yoga, meditation, or get some exercise. Exercise is a terrific outlet for anxiety."

Most of all, try not to compound your problems, said Andrews. "When things are bad, there is a legitimate reason to feel bad," she said. "But if you don't deal with it, you're going to lose more than just a job — you'll lose relationships, your self-confidence, you could even lose technical abilities if you stay dormant in your profession. Try not to compound one stress by adding another."



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Clinic offers prescription for health

By VALENTINA RAPOPORT

With more than 2,000 patients, the Kitchener Downtown Community Health Clinic has proven to be a great success in the city's core.

Opened in the year 2000 by a board of concerned citizens, MPs and other community groups, the clinic provides medical care and support in a variety of areas for those who need it the most. Funded by the Ministry of Health, the clinic differs from other clinics and family physician establishments.

Clinic director Stephen Gross said the clinic provides a service that is essential to every community.

"We help promote health in the community. We are different from other services because those who work here are not fee-for-service employees," he said.

Having worked at the clinic for seven months now, Gross said the clinic is primarily set up to help those who live in the downtown district. It is available to homeless individuals, new Canadians, young parents, seniors, and aboriginals from anywhere in the region, as

well as families with limited income. It provides not only medical care but also a variety of support services.

"We have programs that a family physician may not be able to offer," said Gross.

Some of the programs and services offered include: complete check-ups, health education including healthy eating tips, treatment of short-term and long-term illnesses, referrals to specialists, and access to counsellors and dieticians. The Mother Goose Drop-in program is also offered, which provides support for parents with young children who come from different countries.

In addition to the programs offered, the clinic, which only accepts patients by appointment, receives people without a health card and works with them to obtain a card or get on a health plan.

Staff at the clinic includes doctors, nurse practitioners and registered nurses. The program is run by a board of directors, as well as different committees, community members and volunteers, which Gross described as being a big help to the programs offered.



(Photo by Valentina Rapoport)

Clinic director Stephen Gross sits in one of the check-up rooms at the Kitchener Downtown Community Centre.

Located at 59 Frederick St., the clinic is among 56 other clinics in the province that provide free services to those without a health plan or health card.

"It's a very busy place and it's growing in spurts," said Gross, adding that the waiting list for the clinic is now slowly being cleared.

"We deal with more complex medical issues (than other clinics do). Many of our patients haven't seen a family physician for years," he said.

The clinic also helps deal with mental health issues including counselling those who have come from war countries. According to

Gross, the clinic is hoping to extend mental health-care services in the future by hiring permanent social workers and other specialists.

In order to provide better communication among patients and doctors, the clinic also offers interpreters for patients who can't speak English.

Aside from in-house care, the clinic also works with other non-profit organizations in the downtown core to promote different types of support. Patients are told about other community outreach programs such as Mary's Place, a shelter for women, St. John's Kitchen, where free lunch is served Monday to Friday, as well as certain dentist and optometrist offices that, through the clinic, provide services for some patients.

Currently, the clinic is also working to establish a breastfeeding lounge downtown and continuously works with the city to provide safer public spaces for families and children who live downtown.

"We have an extensive network within the community. People know who we are and what we do," said Gross, adding, "We're fortunate to have this (the clinic) here."

Misfortunes in a hospital emergency room

Recently I had the pleasure, or rather, displeasure, of visiting a local emergency room. I went through all the procedures. First, to triage, a small grey cubicle with two chairs, books and medical instruments, where the nurse assessed my symptoms. Second, to the admitting desk, less than five steps away from the triage nurse, where they asked a ton of questions and typed my information into a computer. And third, to the ever-depressing waiting room, a row of chairs and a few tables lined up against a wall in the emergency room, where I expected to wait at least two hours.

I chose an ugly green chair in the corner, it was less torn than the others and seemed to have the least amount of writing on it. Just as I was about to pick up a magazine, they called my name.

I was escorted into what was going to be my home for the next six hours. The tiny space housed an uncomfortable hospital bed, one chair and a small raised table with a box of Kleenex and latex gloves. To make matters worse, the area was closed off with the ugliest dark pink curtain I have ever seen.

As the curtain surrounded me, I began to feel trapped and sentenced to boredom, with only my thoughts to keep me company. I put on the



Marcy Cabral

Opinion

rough-blue, hospital-issued gown that was provided for me, hopped into bed and preceded to wait.

After what seemed to be hours, but in reality was only 20 minutes, an emergency room nurse appeared from behind the curtain.

The average height, honey-brown haired woman began to ask me questions and scribble furiously, on what I assume was my chart. She took my vitals, hooked me up to a monitor, told me the doctor would be in shortly and disappeared. I was left, once again, with my thoughts and the ugly pink curtain.

My sight was shut off from the happenings of the emergency room, but my other senses heightened to a level I had never experienced before. The smell of disinfectant surrounded me and the stories and ailments of other patients kept my ears ringing.

Finally the pink curtain moved and in came the doctor. The middle-aged brownish-grey haired man smiled and instantly put me at ease.

He placed his glasses on his nose, reviewed my chart and began his examination.

After several questions he appeared to have a preliminary diagnosis, but needed more verification. He ordered four blood tests and an X-ray, said it shouldn't be too long and, like the nurse before him, vanished behind the pink curtain.

I was beginning to think that hideous curtain was going to be the last thing I ever saw. And then, out of nowhere, the blood lady appeared.

I knew this was not going to be good. I'm absolutely petrified of needles. Those pointy, fluid-filled projectiles have been cursed upon by me for as long as I can remember, and the experience has never been pleasant.

She tied the rubber band around my right arm and proceeded to find a vein, despite my many objections. After about two minutes of persistent tapping on my arm, I knew she was having difficulty finding a vein. I moved my arm away and told her I wanted someone else if she was having trouble. She looked at me, saw that I wasn't joking, and left.

I was saved, and ever so happy to be alone behind that pink curtain. But my feeling of relief didn't last

too long. The blood lady had sent in a lab technician, fully equipped with different sized needles, labeled vials of blood, rubber bands and a look of authority. I was in trouble.

She began the same way the other woman had, but with a sense of determination. After two failed attempts at getting a vein, the determination was turning into frustration. She angrily told me to stop collapsing my veins, and I replied, in the most innocent voice I could muster, with, "it's not my fault you're having difficulty with your job, but since you are I'd like someone else, please." Within seconds she angrily ran through the curtain and got the doctor.

He smiled, told me to relax and proceeded to draw the required blood, as I squirmed, dug my nails into the sheets and closed my eyelids so hard it hurt.

"There, it's done. Third time's always a charm," he said, handing the equipment to the technician. "Someone will be by shortly to take you to radiology. It won't be much longer. I promise," he added, on his way out.

Alone again, only this time, I had a sore arm with the stickiest Band-Aid, a broken nail and a next-door neighbour puking his guts out.

And then, as if someone were

reading my mind, a Greek god, dressed in blue hospital scrubs, appeared from behind the now magical and beautiful pink curtain. OK so he wasn't a god, but he was still an adorable blond-haired, blue-eyed hottie who was taking me away from my pink prison cell.

After a half-hour in radiology, and a conversation with the hottie, I was unfortunately wheeled back to my prison and sentenced to another two-hour wait.

With results in hand, the doctor finally reappeared. But I had already convinced myself that whatever the diagnosis, I was going to survive and play the hand I was dealt. He told me the results and findings of the tests, which weren't the greatest, but can still be dealt with. He gave me a prescription, released me into my own care, and gave me some advice.

"Don't let this change your life, let it make your life," he said, as he walked through the curtain to help another patient.

I now have to follow certain precautions and watch out for specific symptoms, but maybe my life will be better for it. Whatever the case, this will not destroy me, if anything it will make me stronger.

After all, if I can survive six hours with that ugly pink curtain, I think I can handle some life changes.



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Fred Penner lets students be kids again

By HALLEY McPOLIN

"Close your eyes and think way back to when you were a kid ..."

From that introduction by CSI events co-ordinator Jody Andruszkiewicz, and a roar of cheers and applause by a room full of excited college students, came acclaimed musician and children's entertainer Fred Penner.

The room was abuzz with anticipation on Jan. 23, as the Sanctuary filled wall-to-wall with students and children from the on-campus daycare centre. Whistles and cheers, followed by cries of "We want Fred!" preceded the arrival of one of Canada's most popular family entertainers.

"I swear, I think this is one of the coolest things I've done all year," said Andruszkiewicz, adding how touched he was to see more than 500 students in their 20s getting so excited over Penner's arrival. "I remember all this from when I was young and here I am, 26 years old, singing along ... it's just so cool!"

Penner approached the stage in sync with the original opening from his series Fred Penner's Place, strumming his guitar together with his on-screen counterpart and singing What a Day.

"All grown up ... how nice," Penner said after the applause had subsided, explaining he would like not only to sing, but also take requests and have a dialogue with the audience. When the initial round of questions had begun, the first to be called out was "Where's Word Bird?" (a familiar character from Penner's original series). "I'm sorry to break this to you," Penner joked, "but Word Bird wasn't a real bird." The audience responded with exaggerated moans of grief.

The next question was regarding a topic that remains a subject of much curiosity on Fred Penner's Place: the log. "Did you ever get stuck in the log?" one student called out, referring to the one Penner would crawl through in order to reach his final destination on the series. After explaining the

log was custom made to fit his body, Penner went on to illustrate the idea behind the log, and the TV show in general. He said when he was a child, he would always have a private place to hide where he could sit and feel comfortable all by himself. He realized that most people need such a place — and almost all children have one — so the idea of taking the show to a place that could be reached only by taking a journey along with him, ending up in a safe environment, was born.

Penner proceeded to sing a number of interactive songs including This Old Man, A House is a House, The Sandwich Song and Baby Beluga, which was written by fellow children's entertainer, Raffi. At one point he asked the audience to make signs with him, which he directed one-by-one while the crowd played along. When finished, he explained what they had just said was "reading is the key to learning" in sign language.

As the show progressed, some of the children in the front row began to get restless. When one little girl began to cry, Penner took it upon himself to pick her up and bring her onstage ... she quickly forgot her troubles. Another little boy suddenly ran up to the stage and whispered something into Fred's ear. When he asked four-year-old Liam Robertson-Young to repeat what he had whispered into the microphone, the boy said, "This planet is for everybody," which the audience responded to with grateful cheers. His mother, Alison Robertson, who is taking early childhood education at Conestoga, says she grew up on Fred Penner and now her son is a fan too. "We even went to see him live last year," she shouted over the crowd.

"The ages are always varied (in the audience) because we see children, parents and grandparents all coming to the show," said Penner in an interview after the performance. "Teenagers and young adults will come too, some who grew up with the show and now have children of



(Photo by Nicole Childs)

Singer Fred Penner mesmerizes Conestoga College students singing old time favourites like Puff the Magic Dragon, the Cat Came Back and A House is A House.

their own and want to maintain that connection. This is fun, this is really a joy to have this range of humanity to reconnect with."

Penner began his career in the early 1970s as a performer, playing at local clubs and circuits in his hometown of Winnipeg. Becoming a children's entertainer seemed a natural progression from his background with kids. "I had worked at a number of centres with behavioral problems, physically and mentally challenged kids and my sister had Down's syndrome, so with all those factors, music was just a logical part of who I was."

In the latter part of the '70s Penner met his wife, who was a modern dance instructor and choreographer. She had come to Winnipeg from Toronto and had begun a children's dance and theatre company called Sundance. Together the pair toured the school system, eventually leading to an offer to make their first recording,

The Cat Came Back, in 1979. After that, Penner met fellow entertainer, Raffi, who introduced Penner to the Canadian audience nationally, and together they toured for five years. "He's a good friend and was certainly very helpful."

After touring, Penner was offered his own television show, leading to 13 years of the acclaimed children's television show, Fred Penner's Place. "It's been a constant flow since then — so I've been in the family side of the business since 1979."

When asked what the most rewarding part of his career is, Penner said, "The little surprises that happen along the way that you can't plan. The spontaneous bits. That child running up crying ... tears draw me. I ask myself, 'Is there anything I can do to make things better?' So when the little girl turned around and came into my arms — that's a perfect moment I could never have planned. Plus

the collective "awwww" from the whole audience: very inspiring."

Penner says music is one of the most important and natural forms of communication within the human race. "Going back to the aboriginal concept of the rhythm of the heart — it's the first sound we relate to, followed by the sound of our own names, which is the most pleasant sound to every human being. We understand the value of sound and rhythm and putting those pieces together with concepts that are universal and lyrics that have value."

He says his songs aren't as superficial as some may think; they each hold a certain value with a message. He used one of the first songs he performed, Collection, as an example. The last line declares, "I can't show you the collection that means the most to me because it's hidden deep inside where no one else can see." Children, Penner says, can relate to these positive messages and it helps them as they advance through life.

Penner has recently released a new CD entitled Sing With Fred, plus a new preschool series, Growing With Fred and TP Tales, a series to which Penner has contributed almost 50 songs. Considering the overwhelming popularity that continues to revolve around his work, popularity that evidently doesn't contain any age borders, Penner should be in business for a good time to come. The students at Conestoga College certainly appreciated his presence (which was apparent during his hour-long autograph session), but hopefully learned something, once again, from this legendary performer.

Perhaps Penner's last message before performing the fan-favourite The Cat Came Back, says enough: "One hundred years from now it won't matter how big a house you lived in, what kind of car you drove or how much money you had in your bank account. What will matter is the difference you have made in the life of a child."

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Is Valentine's just a Hallmark holiday?

By HALLEY McPOLIN

As Feb. 14 swiftly approaches, men and women everywhere prepare for the traditional day of love ... or more specifically men rack their brains while women wait and see what's to come. It all sounds very romantic, doesn't it?

The question at hand seems to be whether or not Valentine's Day is really a day saturated in love and romance, or just another Hallmark holiday. Every year the market makes hundreds of thousands of dollars on cards, chocolates, teddy bears and lingerie, but whatever happened to "money can't buy me love"?

It would seem that, like Christmas, Valentine's Day has become yet another excuse to spend money on others in order to escape the dreadful feelings of guilt we're programmed to feel if we don't concede. After all — face it ladies — the repercussions of that special man in your life forgetting altogether can be severe. It is often under-appreciated just how much time and trouble some men will go through to find that perfect gift and make it appear thoughtful without looking contrived.

Saint Valentine, a Christian martyr, existed in the late third century

AD and was killed during the reign of the Emperor Claudius. He has long been considered the patron saint of love and his feast day is on Feb. 14. So what does all this have to do with you? Well, at some point his feast day evolved into a tradition of sending and receiving valentines, heart-shaped chocolates and candies that declare "be mine."

How, then, can we make Feb. 14 a more meaningful day ... representing love while at the same time avoiding the commercialism we have become accustomed to? It is simply a matter of retraining your brain to think differently about materialism in general — and Valentine's Day is as good a day as any to start.

Our society has become so preoccupied with consumerism that we tend to forget the real value in the world around us. Because everything has its price, we assume that anything can be bought, and because the quest to acquire material things can never actually be achieved (no matter how much money one may have), how can we ever expect to be truly happy?

Certainly a box of chocolates and a dozen roses can be a nice touch during that romantic candlelit dinner, but why stop there? There are 364 more days of the year that you

can express your love for another and those are the days that really count. Rather than waiting for an often-cheesy and clichéd holiday to demonstrate your affection, focus on that day when she's feeling down, or he's feeling stressed, or the day you're both feeling great and just want to spend some romantic time together.

There are many ways you can celebrate a day of love without going bankrupt and you'll find them to be much more meaningful, too. Instead of breaking the bank at that expensive restaurant, cook dinner together: not only is it cheap, it can be a fun bonding experience as well. Rather than buying yet another card with a big red heart on it, make your own: even if you don't have much artistic ability, the effort alone will make it priceless. Why not treat one another to some personal massage therapy? I guarantee no one will be complaining about the lack of heart-shaped chocolates.

Valentine's Day can be a wonderful way to celebrate your love and affection towards another human being. It is important, however, to always remember the meaning behind the day ... and realize love is the only gift you should ever really need.



(Illustration by Halley McPolin)

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Candles light her fire

By DENIS LANGLOIS

A candle-making kit ignited a fire inside Daphne Tucker that she never knew existed.

The 27-year-old Kitchener resident, who found herself without a job after the company relocated, spotted a candle and soap-making kit while she was shopping. After trying it at home, she discovered it was an enjoyable hobby that perfectly suited her personality.

Daphne got the idea to open her own business after a friend suggested that she sell her products.

My Gift to You is a small store which Daphne and her husband William run out of their 147 Stanley Ave. home in Kitchener.

The couple sell various types of gel candles, novelty candles, body lotions, lip balms, bubble baths, bath crystals and body sprays.

Daphne says the most popular sellers are her novelty candles, which resemble beverages and food.

"Customers like my pie candles because they think they are real and can't believe they are just made out of wax," she says.

The prices for the candles range from \$3 to \$23, depending on the size and originality of the products.

"Sometimes there is a specific thing someone wants, so I do my best to make it for them."

Daphne makes all her hand-made products in her basement workshop. She says making the candles is a challenging process that must be done in a specific way.

"You have to be very careful to follow the directions when making the gel candles," she says. "Everything has to be done at a certain temperature."

The store opened last October and it already has about 50 customers. Daphne says the majority of people who come into her store are women.

She says getting the word out about her business has been a challenging process. So far she has used business cards, catalogues and her Web site to advertise.

"It's hard deciding how to make people want to purchase my products and to circulate my business's name out in the city," she says.

Daphne's husband is important to the business's operations. She says it's great working with him because they support and share ideas with each other. She says he looks after the fine details of the business, like advertising.

William enjoys owning his own business because of the amount of control he has and because he gets to make all the decisions.

"You are the boss and you don't have to answer to anyone but yourself," he says.

When it comes to the challenges of owning a business, William agrees the hardest job is getting the public interested in the store.

"The biggest challenge is letting everyone know the business is here."

Daphne says other challenges include setting aside enough time to work on the products, determining what the clientele is interested in and working long hours.

But she says it is all worth it. When Daphne first got the idea for the business, there were a few people who didn't think she would succeed, but she says she has proved them wrong so far.

In the future Daphne and William hope to own their own gift shop in Kitchener.

Truscott awaiting new 'verdict'

By JULIANNA KERR

A few weeks ago, I didn't know much about Steven Truscott. Now I know he's a man who lives in my town who has carried a terrible burden for almost 45 years.

In September 1959, the 14-year-old Canadian boy was sentenced to death for a murder he has always maintained he did not commit.

Today, the 58-year-old man is still trying to clear his name.

A 2001 book by freelance journalist Julian Sher has tried to uncover the truth behind Truscott's involvement in the June 1959 rape and murder of 12-year-old Lynne Harper in Clinton, Ont.

Until You Are Dead: Steven Truscott's Long Ride Into History sheds a great deal of light on a mysterious story fraught with missing information and circumstantial evidence.

Although Truscott's death sentence was commuted shortly after it was handed down, he did spend the next 10 years of his young life behind bars. He remains, legally speaking, a convicted rapist and murderer.

After reading Sher's book, I came to conclude what many other Canadians had already decided: that the evidence stacked against Steven Truscott should not have convicted him. He seems to me

now more a victim of incredibly bad timing than a murderer.

There have been other books. There have been newspaper articles and TV shows. There have been countless discussions and arguments about Truscott's part in the crime. But it was only about a year ago that the federal government finally appointed a retired judge to review the 1959 conviction. The results of that review are still pending.

Truscott's wife Marlene and their three children have worked tirelessly to raise the profile of Steven's case. Public awareness has grown dramatically since Truscott told his story on CBC's The Fifth Estate a few years ago.

Support for Truscott's cause has been growing ever since.

The Truscotts couldn't tell me much since the details of the case are pretty much under lock and key while they await the results of the judicial review.

Author Julian Sher also wished to remain silent for the most part, but he did say there was a TV movie deal in the works based on his book.

I wasn't in Clinton on a hot June day when someone murdered little Lynne Harper. In fact, it happened almost 20 years before I was born.

I only know what I've heard and read. And yet I am utterly con-

vinced that Steven Truscott did not kill that girl. Sher's book brings to light so much information that had previously been left unsaid. There were too many mistakes during the initial investigation. Questioning was too rushed. The trial was too swift and too long with very brief breaks for what had to be an exhausted group of men on the jury. And there were too many witness accounts from local kids that made it impossible for Steven Truscott to have had enough time to murder Lynne Harper.

And yet this 14-year-old boy went to prison. He was very nearly hanged. He spent his youth locked away. Once released on parole, he lived his life under an assumed name. It has been only recently that Truscott has decided to reclaim his real name and pass it along to his family.

Marlene Truscott has taken it upon herself to help clear her husband's name. She sends mass e-mails and personally answers those coming in from well wishers and supporters. She keeps those who are interested up to date on the happenings of Steven's case.

In an e-mail a few months ago, Marlene attempted to clarify the four possible results of the judicial review.

The first option is that Steven would get a new trial. He would

appear before the Supreme Court of Ontario in Goderich where he was convicted, she says. After the Crown indicates it would call no evidence, Truscott would be acquitted.

The second option is a free pardon. These are granted only if the court is satisfied Truscott is innocent.

The final two options are referrals to either the Ontario Court of Appeal or the Supreme Court of Canada.

"Either of these will result in years of further litigation," she says. "We ask that the conviction of Steven Truscott for the murder of Lynne Harper be quashed and a new trial ordered."

In early January, Marlene sent an e-mail out to Steven's supporters to explain the Truscott family's thoughts for the new year. She thanked the many Canadians who signed and sent in petitions and postcards to attempt to have her husband's case moved along more swiftly.

"Although our family has felt disappointment and frustration at times due to the long waiting period," she writes, "we remain very optimistic and understand we must remain patient while a thorough review is being done."

The Truscott family hopes the decision will be handed down

before Parliament recesses for the summer.

Steven turned 58 on Jan. 18.

"Nearly 75 per cent of his life has been spent as a convicted murderer," Marlene writes. "This is wrong — very wrong. Let's make it right."

I don't know how things will turn out for the Truscott family.

If the evidence is as full of holes as it appears to have been, I hope this terrible injustice is made right.

The fact remains that the man convicted of Lynne Harper's murder may well have been innocent. If that is truly the case, how can it really be set right?

Steven Truscott had much of his life stolen from him. He lost his youth, his name and his freedom.

The name has been returned to him. The freedom as well. But his youth is lost forever, along with the 10 years he spent locked away in prison.

Perhaps the Truscott case will live on as an example of how our justice system may in some ways be terribly flawed.

If he is innocent, he has been wronged in a way that nothing will ever truly make right.

For further information about the Truscott case or Julian Sher's book, visit his Web site at www.steventruscott.com.

Conestoga College helps alumni in need

By BLAKE GALL

When a person is truly in need, it often takes a community effort to help him get back on his feet.

After the beating of former Conestoga College student Ramsey Hanlon at the University of Waterloo on New Year's, it was felt Conestoga's time had come to help someone in any way possible.

The Ramsey Hanlon Benefit Dance was held Jan. 24 at Moose Lodge to raise money for the victim's family. Home Hardware donated \$350 in prizes which were raffled off, Moose Lodge donated the hall, tickets, posters and shirts, and food was donated by family and friends.

The night raised \$3,130 to go to Ramsey's rehabilitation. Five hundred dollars of that was donated by Alumni Services at Conestoga.

Hanlon, 23, of Kitchener, was at Federation Hall to ring in the new year with some friends. A fight broke out inside when Hanlon stepped in. The brawl then spilled into the parking lot and nearly resulted in his death.

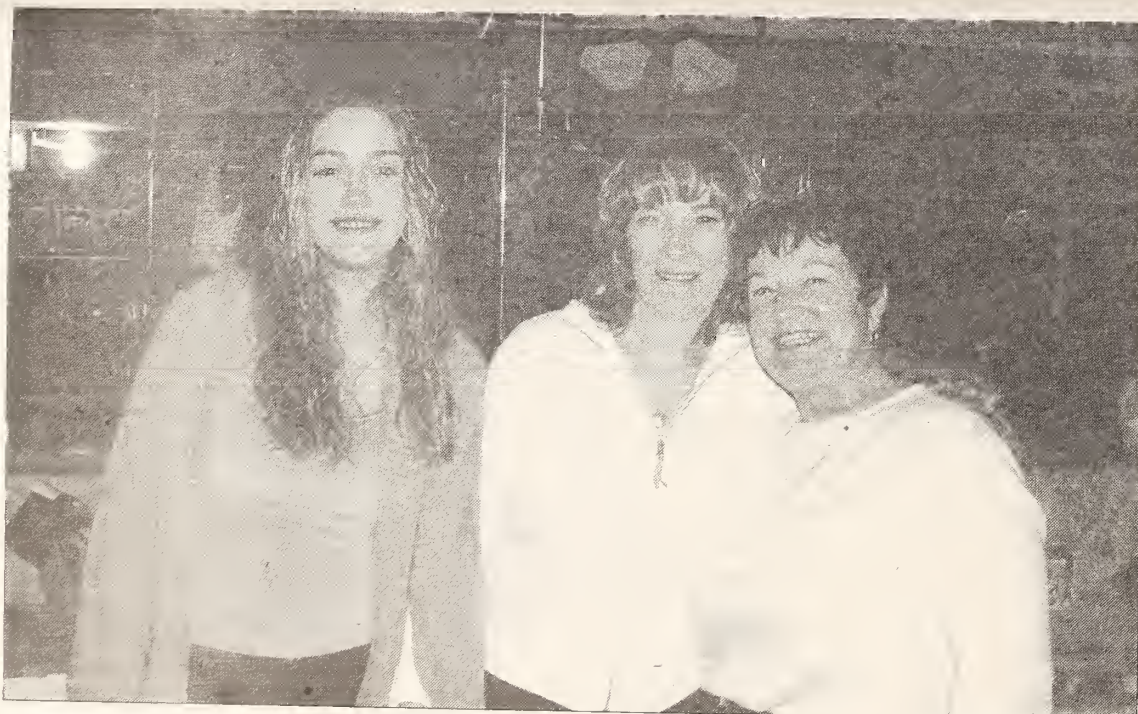
Three Mississauga men were arrested that night but details of the cause of the fight can't be released.

Hanlon suffered swelling of the brain and was left in a coma. He was on life support in the intensive care unit at Hamilton Health Science Centre for one week before regaining consciousness on Jan. 7.

"We were absolutely devastated," said Pam Hanlon, Ramsey's mother.

The family began raising funds to pay for the medical bills.

"Friends and family have given a lot of support," Pam added.



(Photo by Blake Gall)

Ramsey Hanlon's sister, Kim Hanlon (left), and his mother, Pam Hanlon (centre), stand with Monica Himmelman, of Alumni Services, at the Ramsey Hanlon Benefit Dance held on Jan. 24 at Moose Lodge. The dance raised \$3,130 to help pay for Ramsey's rehabilitation in hospital. He was beaten on New Year's Eve at the University of Waterloo.

Ramsey Cuff, Hanlon's uncle, provided entertainment at the dance with his band Justice. Cuff also organized a gate donation at Lear Canada, where he works, which raised an additional \$1,500 for the Hanlons.

In total, the family has received about \$8,000, which has been placed in a trust fund dedicated to helping Ramsey recover.

Ramsey studied marketing at Conestoga from 1998 to 2002 and played varsity hockey from 1998 to 2000. His presence at the school was a memorable one.

"He was always friendly, smiling and positive," said Lisa Symons, professor of marketing. Symons taught Ramsey for three of his courses at the school.

She remembers Ramsey as an average student when it came to marks but extraordinary when it came to ambition.

"He never complained about work like some students do," Symons added.

"He was wonderful, a hard worker, but a bit quiet," said Deborah Reynor, co-ordinator of advertising and public relations.

Reynor also had Ramsey in three of her classes at Conestoga. She recalls his drive to learn and always better himself. She said he was never one to be offended by criticism; instead he took it and corrected his mistakes.

She laughed a bit when she thought about Ramsey's unique hair. She called it "big and red" which always caught people's eyes.

Mike Pootz, 23, of Kitchener, who attended the same program as Ramsey, found out about the incident from a mutual friend.

"I was pretty disgusted when I

found out the details. Ramsey was just the type of guy that would stop a fight," Pootz said.

He spoke of Ramsey's easy-going attitude and reliable personality.

"I remember once, to liven things up, he tried to grow an afro just for laughs," Pootz recalled.

The style only lasted about two weeks but was one of his brighter memories.

Although they haven't spoken since graduation, he said he thinks of his friend quite often now.

"Just keep fighting Ramsey," Pootz said.

Fighting is exactly what Ramsey has done. He is currently undergoing physiotherapy at the Chedoke Rehabilitation Centre in Hamilton.

"His speech is a little slow, but he's walking and has a good appetite. He is improving each day," said Pam.

Ramsey's 19-year-old sister Kim has been able to return to work but his mother still feels the pain.

"It's stressful. To see him wanting to come home rips me apart. Something like this really turns your life upside down," Pam explained.

Ramsey was granted a weekend pass to return to his Kitchener home and spend some time with his family on Jan. 31.

His progress has been exceptional considering the circumstances. It seems fitting, as everyone remembers him as someone who would never give up.

"If I could see him I would give him a big hug and tell him to use the spirit he had here (at Conestoga) and get himself well," Symons encouraged.

Stratford native braves the elements

By MARC HULET

For many of us, college is a journey of epic proportions.

It's our first time away from home for an extended period. It's the first time we truly fend for ourselves - we feed, clothe and care for ourselves.

It is exhilarating, complex and, also frightening.

But for most of us, we know that family and friends are but a bus or train ride away should we need them.

Stratford native Alan Barenberg, 24, has also begun the biggest journey of his young life, but he has left his loved ones behind and traveled halfway across the globe.

Barenberg, currently pursuing his PhD in history at the University of Chicago, left his wife of 17 months to spend the next six months in Russia.

He is currently in Moscow, where he'll stay for the next three months while he works to complete the first phase of his dissertation research.

His goal is to obtain his PhD in Russian and Soviet history and, eventually, teach it at the university level.

His dissertation will be about the transition of the city of Vorkuta from Gulag (a forced-labour camp) to a post-Gulag city.

Once he is done his research in Moscow, he will head to the Komi Republic of Russia and visit the cities of Syktyvkar and Vorkuta. He hopes to interview survivors of the Gulag.

Currently, however, he spends much of his time in Moscow in the

archives, hunched over volumes written entirely in Russian.

Barenberg speaks and reads Russian fairly well and he has visited Russia seven times in the past few years, but never for this length of time.

He is currently renting an apartment from a Harvard professor.

"My apartment is starting to feel more like home," he says. "There have been a few cockroaches in the kitchen, but I have deployed many roach traps and I'm preparing for a long conflict."

He says it is nice to have an apartment to himself, rather than staying with a host family.

"One of the advantages to not staying with a family is that I can avoid being subjected to many of the culinary horrors that have been inflicted on me in the past, like ice cream and coffee for breakfast," he says. "It's awful reassuring to be able to have Corn Flakes for breakfast."

There are two Western-style supermarkets on his block, but Barenberg says their prices are double that of other Russian-style stores and they have limited selection.

He says he misses fresh, home-cooked meals and especially vegetables.

"Russians are not big on the low-fat, low-salt diet," he says. "Thus, the incredible success of McDonalds in this country."

After some trepidation, Barenberg tackled his ever-growing pile of laundry with a semi-automatic washing machine.

"It is semi-automatic both because it requires you to fill it up

from the bathroom tap several times during the cycle, but also because it makes a noise that sounds remarkably close to the discharge of assault weapons," he says. "Not exactly a glamorous adventure, but these are the challenges that fill my daily life."

Along with a yearning for simple, automatic machinery, Barenberg also fondly remembers the warmth of his cosy Chicago apartment.

"Russians are not big on the low-fat, low-salt diet.

Thus, the incredible success of McDonalds in this country."

Alan Barenberg

"It has been cold, really cold. My apartment is heated, but not enough during the night," Barenberg says. "It was as low as -20 F (-29 C) on Saturday, but it looks as though it will be close to 0 F (-17 C) during the coming week."

But of course the cold and lack of vegetables are not what Barenberg misses the most.

That would be his wife and best friend Abby Swingen.

They met while both were in graduate school. Swingen, who is also studying history, is still in Chicago, working on her own dissertation.

"I don't think it's possible to put into words how awful it is to leave Abby behind," he says solemnly. "I feel like a part of me is missing and that I will never truly feel good while I'm here."

"My time alone at home in the evenings is pretty lonely."

His wife feels the same way. "It feels pretty awful. I miss just having him around. I've had a lot of paperwork and things to deal with. Things that are so much easier to handle when someone is sharing the burden and the stress. Nothing insurmountable, but I've realized over the past few weeks just how dependent we are on each other," she says. "I miss having someone to go out and have fun with, and someone to listen to me, and someone to listen

to, as well."

Luckily, Barenberg does have friends in Moscow, both from the university and native Muscovites he met on earlier travels.

His apartment is also equipped with high speed Internet access. He and his wife chat online twice a day and also talk on the phone.

Despite the wonders of technology, it's still not the same as being with her in person.

"It's Abby's birthday today, and I really wish that I could spend it with her," Barenberg says. "After talking to her on the phone this evening, it sounds like everyone is taking over my job of making sure Abby has a good time, though."

On a bright note, Barenberg has just learned that Swingen has purchased a plane ticket to come visit him in March. He says when she arrives he plans to take her sight-seeing, go to the theatre and visit museums.

"I can't wait and I'm already counting the days."

Swingen is also excited about the opportunity to visit.

"I'm just looking forward to seeing him and seeing that he's OK," she says. "While I was in England this past summer, he came for a week, which was great, but it was almost worse to have him come and then go again. I'm a little afraid of feeling that way again. But I'd much rather see him than not for six whole months."

Barenberg says his body still hasn't adjusted to the nine-hour time difference and the exciting news probably won't help.

"I haven't been sleeping well these past few nights. Going to bed is fine, but I often wake up for several hours after about 2 a.m.," he says. "The same thing happened the last time I was here and went away after a couple of weeks."

Despite his sleep troubles, Barenberg is starting to adjust to daily life in Moscow.

He says it's much wealthier than any other place in the country, but he's not comfortable making too many generalizations about life in Russia.

"Moscow is certainly not Russia, just like New York or Toronto could hardly be said to

be representative of the U.S.A. or Canada.

"Just to put it in perspective, there are two IKEA stores and the largest mall in Europe in Moscow. Practically everyone under the age of 25 that I've seen has a mobile phone," he says. "On the other hand, there are large parts of this country where the heating has basically failed this winter and so people are freezing to death."

He says he feels safe in Moscow, in a time when all North Americans are warned to be extremely careful while in foreign countries.

"Moscow is a very safe place in terms of petty crime. I frankly feel safer here than I do in my own neighbourhood in Chicago," he says. "A war with Iraq will bring uncertainty but probably not any greater risk."

Barenberg's life in Russia won't always be so easy though. Once he leaves Moscow for the Komi Republic, which is located in the northeastern corner of European Russia, he will be in an entirely different situation. He hasn't even been able to make living arrangements yet.

He plans to spend about two months in Syktyvkar, which is the capital of the Komi Republic, and then head to Vorkuta.

"Vorkuta, which is above the Arctic Circle, is directly north of Syktyvkar by railroad. The train ride from Moscow to Vorkuta, directly, takes about 40 hours," he says. "So this will be quite an adventure. I have little idea of what to expect - only that I'm going as close to summer as possible to avoid -40 C weather on the tundra."

Barenberg says Vorkuta is a dying coal-mining city with reindeer herding right next door.

"I imagine that it's about as bad as it sounds."

Vorkuta is still a long way off, though, and Barenberg has a lot of work to do in the archives in Moscow. But it's a challenge that he's up for.

"In general, the best time of the day is when I'm in the archives and don't really have to think about anything else but the work."

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Sudden loss of vision,
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✓ **HEADACHES**

Sudden, severe and unusual headaches

✓ **WEAKNESS**

Sudden weakness, numbness and/or
tingling in the face, arm or leg

✓ **TROUBLE SPEAKING**

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Muscle enhancers are not for everyone

By MICHELLE TAYLOR

Want to pump it up?

Before you start lifting those weights, you may want to consider muscle-enhancing supplements as part of your exercise regime.

Muscle-building supplements are not necessarily for everyone. Generally they are promoted to people who follow a consistent and rigorous exercise plan.

These supplements come in two main forms: creatine and protein. There are many different brands and forms of each, but all are basically the same substance.

According to Hugo Tremblay, a sales associate for General Nutrition Centre (GNC) in Fairview Park Mall, in order to have maximum results you must take both creatine and protein as you work on your muscles. But, do these products really work?

An article by Beth Lulinski, on the Quackwatch Web site, a site used as a guide for health fraud, stated, "There seems to be some potential for creatine supplementation," but at the same time it questioned the side effects of long term use. So, until more research can be done, "creatine is not recommended for the average athlete."

If taken correctly, creatine should enhance energy and help build muscle tissue. According to Lulinski's article, creatine is a natural substance in the body which reacts with other natural substances during an intense workout. This reaction provides the fuel for "working muscles." A substance called phosphocreatine (PCr) provides the energy for the first four to five seconds of a workout, but another "fuel source must provide the energy to sustain the activity." Creatine supplements increase the amount of PCr so more energy can be provided to the muscles.



(Photo by Michelle Taylor)

Hugo Tremblay, a sales associate for General Nutrition Centre in Fairview Park Mall, holds a tub of creatine powder. Creatine is used as a muscle-enhancing supplement by athletes.

Creatine is naturally consumed in everyday food such as beef, tuna and pork. "Although creatine is a natural component of food, the amount of food required to supersaturate the muscle with PCr may not be feasible," according to Lulinski's article. "It could require 22 pounds of meat daily." Creatine supplements provide that extra amount of needed energy.

Creatine comes in pill, powder, chewable and liquid form. Tremblay said the only difference between each one is their rate of absorption. "The liquid form should absorb faster because the powder has to be broken down," he said. "There's more chance of losing some of the creatine through the digestive system with the powder."

Therefore, the liquid form would

provide you with energy faster.

Protein supplements help provide energy as well. "Protein makes up your teeth, hair and muscle. It helps build tissue," Tremblay said.

A statement for Whey protein supplements agrees. "A lack of protein can lead to excessive protein breakdown and may obstruct your athletic goals," it stated.

According to a Whey Protein Institute Web site, protein is "important for individuals who are involved in sports, exercise or resistance training." It helps repair muscle tissue that is "broken down by exercise."

A person's results, when taking creatine or protein, varies from one person to the next.

A statement for creatine products at GNC says "creatine may help

improve athletic performance." Underneath this statement, in small type, it tells the consumer that this statement has not been evaluated by the Food and Drug Administration (FDA).

According to Tremblay, this is because the product cannot be guaranteed to enhance everyone's performance.

Tremblay, who studied kinesiology and anatomy at the University of Regina, takes creatine and protein supplements himself and does find he gets results, but cautions that you must know what you are doing. "Because of water retention, some people who do not drink enough water will be dehydrated when taking creatine." He said some people tend to overdue it. "A lot of people say to themselves if

one or two spoonfuls work so well, then how about three or four."

Although the FDA has not evaluated the statement about creatine, Health Canada regulates products that may be harmful. Any substance that contains banned ingredients cannot be legally sold.

Any product containing Ephedra or ephedrine products, for example, was pulled off the shelves last year because of heart problems caused by the ingestion of this substance.

According to Tremblay, any product which has a dose of eight milligrams or more of Ephedra or ephedrine, an herbal substance used to enhance energy and lose weight, is now banned. "The combination of ephedrine and caffeine is the danger with this substance," Tremblay said. Health Canada also states that any products containing Ephedra or ephedrine, when combined with stimulants such as caffeine, will increase the effect of this product. This can be dangerous.

Muscle-building supplements can be expensive as well. A 30-day supply can cost \$35-\$80 for the powder form of creatine and \$60-\$90 for the liquid form.

Unfortunately, not a lot of research has been done to determine any dangerous side effects of creatine or protein.

According to an article on The Physician and Sports Medicine Web site, no serious side effects have been documented. "While creatine use has skyrocketed, no serious side effects have been scientifically verified in subjects using relatively brief creatine regimes."

With no long-term effects yet evaluated, it is important to keep an open mind to all sides. "(These) substances are very useful," Tremblay said. "However, you must pay attention to what your body is telling you."

Glass studio shatters your expectations

By LAURIE VANDENHOFF

Heather Wood runs her fingers over her cheeks as her voice trails off while talking about a business she helped create with her husband John Kepkiewicz 19 years ago. She gently presses her fingertips into the creases of her skin, explaining some of the difficulties they encountered while starting the glass blowing studio after graduating college.

"It's hard when you're just a student coming out of school to put a studio together. But John is very resourceful and he was able to do a lot of the work by himself."

Thorn Glass Studio rests between the various shops that make up the Mill Shed at 10 Front St. in St. Jacobs. Craft and antique stores dominate the community of 1,400, allowing the glass studio to easily fit into this charming marketplace.

The studio also includes a workshop where the glass creations are born. A large furnace, necessary for glass-blowing trades, is used to heat the glass into molten and was made entirely by Kepkiewicz.

Some other essential ingredients

of the workshop include sandblasting equipment; an annealer, used to cool and warm the vessels; and naturally the glass.

Many works of art fill the room's other empty spaces — glass Christmas ornaments decorate a window, disregarded paperweights collect dust and jars of coloured glass line the shelves.

The college graduates, for the most part, work independently on the pieces they produce. Kepkiewicz is considered the glass expert as a result of his expertise and skills. "He really is engaged in the dance of glass blowing. If you're thinking of what dancing is like, you're all engrossed in dance, the physical movement of it," explains Woods. "He really engages in the process of forming the glass."

Hailing from the glass program at Sheridan College, Kepkiewicz creates the pieces that also include vases, candlesticks, and decorative bowls. Prices tags affixed on the items range from \$5 up to \$1,000 for more complicated work.

What makes the pieces unique is Wood's ability to add a little some-

thing to each one through assorted designs inscribed using sandblasting techniques.

With resists, stencil-like tools, which act as a "protection to the glass," Wood is able to embed patterns on the surfaces. "Sometimes I will look at a piece and think what does the shape suggest to me. It's a fairly spontaneous thing, I don't have patterns that I just stick on," she says.

"I like the transparency of it (glass), that you can play with the layers and let the imagery of one layer play against the other."

Initially Wood, a Sheridan and Georgian college alumni, sought to release her artistic inhibitions through textile designs. She admits, however, that every surface is unique and is a suitable outlet for her creativity.

"I'd be just as happy to work on canvas, ceramics or textiles. Certainly glass has a certain attractiveness because of its characteristics. But I don't feel limited by using glass."

Both Wood and Kepkiewicz began their careers at Harbourfront

Studios in Toronto, and it wasn't long before they moved onto their own endeavours.

Armed with a dog biscuit, Wood attempts to bribe her companion Annie, a three-year-old dog, into lying down by her feet. She affectionately rubs her head and explains how the business earned its name.

"We wanted a studio name for the smaller work that we do, the more production-oriented work. So we wanted a name that was short and rolled off of the tongue. We never could figure it out," she says laughing quietly. "It was a thorn in our side. So I suggested thorn glass because it's sharp and pointy."

Glass blowing is a trade that involves the shaping of heated glass or molten through human breathe. Using different instruments such as tubes, the artist is able to blow pieces of glass into specific formations. "It takes a long time to learn how to glass blow because it's a very fluid medium," says Wood.

The craft dates back nearly 25,000 years, to Mesopotamian

potters who combined minerals and sand while heating their clay into glass. No more than 1,000 years later, one of the potters was able to form a glass tube. By blowing into the heated piece he created a bubble at its end, and the name glass blowing was bestowed.

Sitting comfortably in a couple of dated office chairs and sipping on cups of green tea, Wood continues to embellish on her life as an independent business owner.

"Certainly there is the freedom to come and go as you please. You are completely in control," she says, not forgetting to include the shortcomings. "There is a degree of uncertainty, however, in being self-employed because you don't know where your income is coming from."

Wood takes the last sip of her tea, as she relaxes into the cushions of her chair; Annie continues to doze at her feet. After 19 years and no end in sight, she is relaxed in the comfortable atmosphere of her unconventional studio, knowing it will keep her family happy for years to come.

Waiting for the fish to bite on a cold winter day

By JASON MIDDLETON

Drilling holes in the ice, sitting on an upside-down bucket, avoiding gusts of freezing cold air, and spending time with your son.

Sounds like a good way to spend a Saturday morning, doesn't it?

For Richard Jajko, of Cambridge, that's how he and his two workmates spent their Saturday.

For his third trip ice fishing Jajko chose Cambridge's Shade's Mills Conservation Area on Jan. 11.

His crew was armed with two augers, drill-like devices that can cut through 25 centimetres of thick ice in 45 seconds.

After cutting a hole in the ice, the men used miniature fishing poles because standard poles would keep the anglers two metres from the hole and would give them less power over reeling in the fish.

The best bait to use to catch perch and crappie is maggots, wax worms, small jigs or worms, but in order to catch pike using minnows is best.

Jajko hopes to catch perch and pike.

"I've never caught any big fish while ice fishing, but I figure the more we try the more luck we'll have."

Upwards of 125 people visit



Richard Jajko of Cambridge waits for fish to nibble while ice fishing at Shade's Mills Conservation Area on Jan. 11.

Shade's Mills during the ice-fishing season to fish for perch, black crappie and northern pike.

The season starts as soon as the ice on the lake is 15 centimetres thick, usually at the end of December, and runs until the last week of February.

Scott Parkinson, 28, the area superintendent of Shade's Mills, warns, "The biggest thing you want to remember while working around the ice and drilling holes is wearing rubber boots - good winter boots with a rubber soul because you are getting some water splashing up on your feet and on your toes. You don't really want to go out there in any kind of leather shoe."

As for clothing, Parkinson recommends wearing coveralls, ski pants or snowmobile suits.

Shade's Mills has allowed ice fishing since the winter of 1999/2000.

Ice fishing facts:

Anyone 18 to 65 must have a fishing licence if they want to fish in Ontario.

Fishing at Shade's Mills costs \$4 for adults and \$2.25 for children ages 6-15.

Admission for children 5 and under is free.

(Photo by Jason Middleton)

Kitchener teens nabs the spotlight for doing stunts

By SINEAD MCGARRY

Jackass-type pranks are placing a group of Kitchener teens in the spotlight.

"We do dangerous, painful, stupid pranks and stunts for fun," said Dan Narvali, a 19-year-old Kitchener teen.

The group of teens that call themselves Me6 is gaining in popularity across the province. They currently have the number 1 stunt-based Web site in Canada.

If you log onto www.me6.ca you can witness these teens eating hundreds of erayons, riding a wheelchair backwards in a construction site, or buying pans at a garage sale and beating each other up while onlookers watch with disgust.

Although they don't strive to be dangerous, there have been stunts that have come close to causing serious harm. Greg Patterson, one of the 11 members of Me6, sprayed his private area with liquid nitrogen, freezing and numbing his body parts.

"I almost got run over by a Jeep," said Narvali. "I was hanging on top of a Ford Escort roof, dressed as Batman, when the Jeep slammed on the brakes. I flew forward and the jeep slipped, just missing me."

Me6, which has no meaning, has been on the front cover of the Kitchener Record, has been interviewed on BBC radio 1, Rogers cable and recently received \$2,000 from a United Kingdom television show, Christy's home videos,

which is equivalent to America's funniest home videos. "Extreme clip shows really like our stuff," said Narvali.

"We do stunts for fun, not to make money," he said, adding they bought two new DVD cameras with the cash they received.

Though they are constantly compared to the Jaekass pranksters that MTV has made famous, these teens do not give credit to them for their start and ideas.

"Of course we are going to get compared to them, we are a lot like them but we are not influenced by them at all," said Narvali.

Their Web site allows people to view footage of their stunts, pro-

files, articles, and a message board where people from all over Canada comment on the stunts. "Most of the messages we get are positive but there are those few people who are disgusted with what we do," said Narvali.

At a recent interview for McLeans magazine and at a live performance for Rogers television, the teens got to hear first-hand from many unhappy parents who have visited the site and witnessed their antics.

"People were yelling at me saying that we are warping the minds of children," said Narvali. Though they insist that their antics are harmless and simply for fun, many disagree. In recent letters to the editor in the

Record, many parents expressed their concerns. "Are these teenagers' lives so devoid of purpose that they feel the need to hurt each other for entertainment?" asked Suzy McNeill in a letter published on Nov. 15.

"They are producing garbage. Garbage should be at the curb and taken away, not viewed as entertainment," said Jeffrey Brum, another concerned reader who wrote Nov. 16.

The recent backlash from many doesn't faze these teens at all. "Any publicity is good for us," said Narvali.

"We have been doing this for a year and a half and we will continue to do this, until we don't have fun anymore," he said.



(Photo by Denis Langlois)

Racing through the snow

A snowmobile racer takes part in the Canadian Snowcross Racing Association's annual tournament in Owen Sound. The Tim Horton's Georgian Cup Snowcross took place Jan. 25 and Jan. 26 with racing, drinking and competing. Racers from all over Waterloo Region took part in the competition.

New Session Starts in January

CALLING ALL GLBT STUDENTS

* Looking to meet new people

* Looking for people who you can relate to

* Looking to talk about issues in the community

* Looking for a place to express your views

Then come out to meetings of
GAY LESBIAN BISEXUAL TRANSGENDERED STUDENTS

and see what its all about.

Location: Doon Campus

Date: Thursdays, beginning January 23rd

Time: 4:30pm

For more information and room location contact Jamie at 20056KUL@conestogac.on.ca or inquire at Student Services

Love, Sex and Seduction show heats up winter days

By ANDREA SMITH

With all this cold weather lately it was nice to warm up to some sexy lingerie, spa services, travel opportunities, sex toys and more.

If you didn't get a chance to attend you missed a great time at the Love, Sex and Seduction show at the International Centre in Mississauga Jan. 17-19.

"The focus of the Love, Sex and Seduction Show is to help people increase the amount of romance and passion in their lives with the ultimate goal of improving their lives," said Denis Millen, show manager on their Web site, www.loveexandseduction.com.

"In designing the show we took a softer, more sensual approach which is in contrast to other traditional consumer sex shows."

The event, which was presented by Dream Show Productions Inc., gave visitors a taste of what sex is supposed to be about.

With entertainment such as talent, shows, Calvin Klein underwear contests held by La Vie en Rose, and professional body casting (where they cast the shape of your body and make it into a



(Photo by Andrea Smith)

The High Energy New York Street Dancers entertained the crowd at the Love, Sex and Seduction show at the International Centre in Mississauga, Jan. 17-19.

sculpture) by Gabrielle Fischer, it was hard not to break into a sweat.

Autographs and pictures were also available from Playboy's January 2003 Playmate and New

York City's bravest and sexiest firefighters.

Other entertainment included

"Learn to strip for your partner" shows with Mary Taylor, the High Energy New York Street Dancers and seminars such as the History of Sexuality, Your G-Spot: Finding it, Using it, Loving it, Toys Into Your Bedroom, The Kama Sutra: Bring 5,000 Years of Knowledge into your Bedroom, and Nubian Temptations, all by Trina E. Read.

"We want to show people how to enhance the value of our most important human experiences - love, sex and seduction - and how these three areas can come together in our lives," said Millen on the Web site.

If you weren't watching the entertainment you were browsing through leading manufacturers' exhibit products such as lingerie, clothing, chocolate delights (chocolate shaped like breasts, genitals and more), novelties and products from a Romantic Bedroom.

The Love, Sex and Seduction Show sponsors were AOV, La Vie en Rose, Playboy TV, Bikini Bay, Fantasia, Passion Place and Premier and Curzon Fitness Clubs as well as 102.1 The Edge, the media sponsor.

Hypnotist entertains and helps people with their problems

By REBECCA LEARN

He's a comedy hypnotist who has performed for corporations like The Burger King Association, Air Canada, Nestle and the Ontario Summer Games.

But Jeff Oatman, whose stage name is Jeff West, is also an accredited hypnotherapist with a master's degree in hypnosis.

West helps people with weight loss, smoking, past-life regression, emotional issues, stress and people who think they may have encountered aliens. He said he deals with some "really odd stuff." People make an appointment with him to

try and work through their problems with the help of hypnosis.

West said that he became interested in helping people once he had started doing hypnosis for entertainment.

He hasn't always been in the business of hypnotism though. "I was an entertainer for about the last 20 years," West said, adding he was a singer in a band, and also played the guitar and the bass.

He said he became interested in hypnosis when, "I saw a hypnotist years ago and I was fascinated by him." West has been doing hypnosis for about the past five years. Although his family supports him,

"a lot of people don't understand it," he said.

West said he was self-taught in stage hypnosis, but then went on to take courses in hypnotherapy, which is the medical application, out of curiosity. He now performs at high schools, colleges and universities and at corporate functions.

In his stage comedy shows there are various suggestions which are given to people. "They might think their shoes are talking to them," he said, adding, "They even become their favourite cartoon character or something like that."

West said one of the most unexpected things that has happened to

him was when he told a man that he was craving some desserts, on a side table, at a corporate function. However, when the man went to the table, he wasn't supposed to be able to get anything into his mouth. The more he tried, the more he missed. This was all planned.

Suddenly, the man started trying to put other desserts in his mouth. Then he took off, running to the kitchen and complained that the chef didn't know how to cook because he couldn't eat anything. This was a shock to West as well as the audience.

West has been on television, displaying his talents on an episode of the show Mystery Hunters on the Discovery Channel. "We brought some teens in and hypnotized

them," he said. He added the episode is still playing on YTV and there are some clips on his Web site.

With all the craziness in his profession, the most fulfilling thing to him is that he is doing something he wants to do. He also enjoys being hypnotized, and he gets it done "all the time."

He admits he made many mistakes while he was learning and advises the best way to do well as a hypnotist is to listen. "You really have to listen and watch, and you have to be very, very open-minded."

"You have to be open to new ideas and open to trust yourself. A lot of people don't trust themselves internally."

West can be reached at jefwest@hypshow.com.

COUNSELLOR'S CORNER: *Eating Disorders*

Did you know that one out of every hundred women might become **anorexic**? Estimates of the frequency of **bulimia** vary from five to twenty out of one hundred college-age women. Men also develop both disorders, but in much smaller numbers.

Anorexia nervosa is characterized by an all-consuming fear of "getting fat." There is an intense preoccupation with food, body size and sometimes compulsive exercising. Dieting can gradually lead to a loss exceeding 25% of original weight. Serious health issues such as cessation of menstruation, malnutrition and lowered heart rate occur. Some starve themselves to death.

Bulimia is a cycle of uncontrolled binge eating and purging through vomiting or the use of laxatives. This extremely debilitating pattern can, in more extreme cases, absorb nearly all of a person's time, energy and money, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Kidney and cardiac problems are a danger.

An important first step in overcoming Eating Disorders is for the individual to acknowledge to herself and to a professional that a problem exists. Medical and psychological help is available in this community. Talk to a counsellor in Student Services or the nurse in the Health & Safety Office. One immediate benefit is the feeling of relief at no longer having to keep such an important part of one's life a secret.

A message from Student Services (Room 2B02)

THE FREAK SHOW by Marc Hulet



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mehulet@hotmail.com

Horoscope

Week of February 3-9

Happy Birthday Aquarius!

Good things seem to be coming to you from all directions. People will be doing as much as they can for you on your birthday. Be sure you thank them for their efforts.



Libra September 24 - October 22

You might have to make a decision regarding work and school. If your workload at school is increasing, decreasing hours at work is recommended.

Luckiest day: February 9.



Aries March 21 - April 18

You should start watching your finances a little closer. Keeping a well-balanced account will keep you out of trouble.

Luckiest day: February 4.



Scorpio October 23 - November 21

You are going to have an excellent week. If you stay on top of your work the rewards will be worth the effort.

Luckiest day: February 5.



Taurus April 20 - May 20

Expect a swift and dramatic change to occur. You won't like the situation at the time but look towards the end result of the problem to feel better.

Luckiest day: February 5.



Sagittarius November 22 - December 21

You must carefully consider all the possible reactions of your actions. Over the next while keep your nose out of other people's business.

Luckiest day: February 7.



Gemini May 21 - June 21

Someone with experience regarding a specific issue in your life will try to offer you some advice. Even if you don't like it listen to him or her.

Luckiest day: February 8.



Capricorn December 22 - January 19

Someone in your family might make an impression on you that you're not expecting. Good things will come from whatever they do or say.

Luckiest day: February 4.



Aquarius January 20 - February 18

Several different issues are going to be taking up all your time. Don't combine your problems; deal with each of them separately.

Luckiest day: February 3.



Leo July 23 - August 22

A relationship may start getting better as the month goes on. Whether it is a close friend or partner, the friendship will increase.

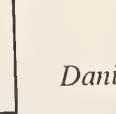
Luckiest day: February 5.



Pisces February 20 - March 20

If you are in a relationship, things will get much better. Something romantic will be done to sweep you off your feet.

Luckiest day: February 4.



Virgo August 23 - September 23

You will have to make a decision regarding your finances. Don't spend your money on anything frivolous until your finances are in order.

Luckiest day: February 8.

Violent video games growing in popularity

By SINEAD MCGARRY

What happened to enjoying Pac-Man and Super Mario?

We have evolved from taking pleasure in playing video games based on a little Italian man who saves the princess, to playing the role of mobsters who deal cocaine, beat on innocent people and have sex with prostitutes.

"Grand Theft Auto, Vice City is one of the most popular PlayStation 2 games of the year. It will definitely win Game of the Year for PlayStation 2," said Rob of Electronics Boutique, who couldn't give his last name due to store policy.

"This game has become one of the fastest sellers ever, moving almost a million units in its first day," said Jay Woodruff of Entertainment Weekly in an article in the Hamilton Spectator.

"It is the video game that Lloyd Robertson and Peter Mansbridge have been warning you about," said Bret Dawson in a letter to the Toronto Star. So why is this game gaining so much attention and causing controversy?

Mainly because when you play you can beat women to death, hire a prostitute, deal cocaine, hijack an ambulance and beat pedestrians with golf clubs.

Players become ex-con Tommy Vercetti, which is voiced by Ray Liotta (Good Fellows). Vercetti has just finished a 15-year prison sentence. His mob boss Luigi, voiced by Joe Pantoliano (The Sopranos), helps Vercetti by sending him to Vice City, Miami. His only way of becoming successful is to try building his own cocaine empire, and searching for the robbers who stole his money.

As Vercetti is cruising around searching for his next victim, players can hear 11 different radio stations, ranging from a classical station that features Luciano Pavarotti, to a talk radio station, and popular '80s channel.

The game, which sells for \$75, is also popular because of the sexual



(Photo by Sinead McGarry)

A local Electronics Boutique employee says Grand Theft Auto, Vice City is one of the most popular PlayStation 2 games on the market.

content. "You see Vercetti paying a prostitute to get in the car with him. Then the car starts shaking and then she leaves. The idea of sex is definitely there," said Rob.

"My mom took the game away from my brother because you see a man giving a woman money for sex, and then he kills her. It's disgusting," said Christine O'Neill of Waterloo.

Created by Rock Star Games, Vice City is intended for adult audiences only.

"Our audience is 20-something guys who watch the Sopranos, read Maxim, and rent Austin Powers movies. They may not always want a video game that's all cute and fuzzy," said Allen Lewis, a spokesperson for Acclaim Entertainment in an article in the

Hamilton Spectator. Vice City has an "M" for "Mature" rating with several descriptions including violence and sexual content.

"We have to ask to see customer's identification when they are buying Grand Theft Auto," said Rob. Grand Theft Auto has been banned in Australia; it was given the "RC" label (Refused Classification), meaning that all copies available must be taken off the market.

"Most of my customers are well-educated, office-going people. I sell to lawyers and doctors. They play this game because of the graphics, high-speed, and technology," said Mansoor Madhwant, of Games Centre.

FUN Night

When: February 6, at 5:00 p.m.

Meet in Room: 1D17

A Games Night along with Winter Sports. Food and drinks provided.

For more info call: 623-7911

and ask for David.

Conestoga Christian Fellowship

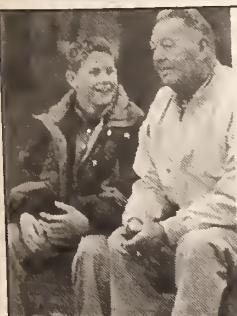
Daniel Roth is a third-year journalism student who has studied clairvoyant issues for four years.

Last year, a new pacemaker implant saved Max's life.

Now he can spend more time with his grandfather.



Please give to the Heart and Stroke Foundation



A Guy Thing predictable, unrealistic

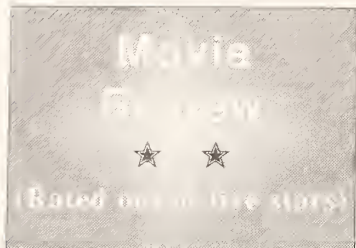
By ANDREA SMITH

Clumsy, beautiful strippers can't be a good addition to your already uncomfortable bachelor party.

Then you get drunk and wake up next to one of them in your bed.

Oops — you're getting married in one week and you can't remember what happened last night.

Unfortunately, in the movie *A Guy Thing*, the plot does not get much better than this.



Jason Lee (Paul), Julia Stiles (Becky) and Selma Blair (Karen) star in one of the most predictable, unrealistic comedies I have ever seen.

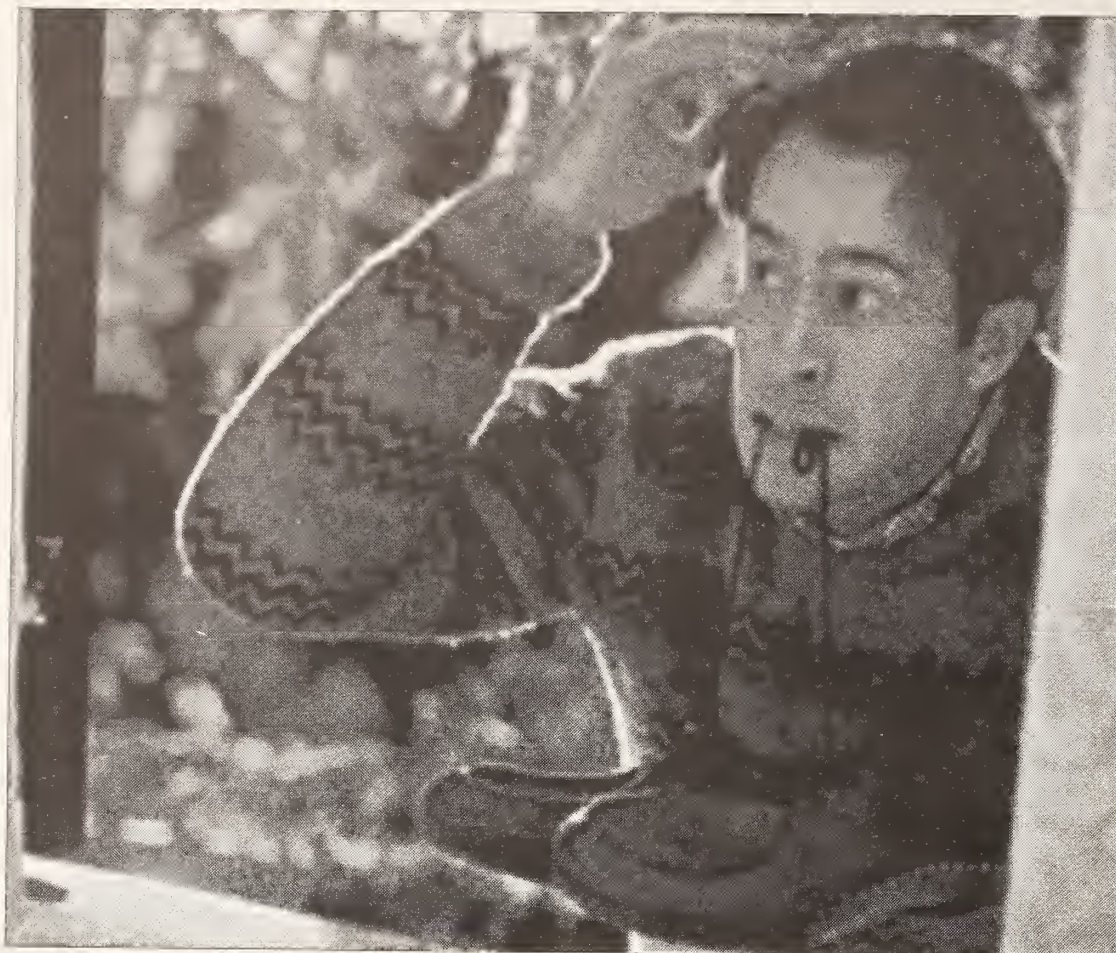
Paul wakes up in the morning and finds Becky, a complete stranger, in his bed, which leads to horrible lies and embarrassment.

His fiancée, Karen, is on her way over and little does he know the strange girl is her cousin.

He is able to rush Becky out of his apartment in time but the very next day he runs into her working at a tollbooth.

He convinces Becky that it is not a good idea to tell Karen and all seems well and safe.

The next day, Becky's ex-



(Internet photo)

Paul, played by Jason Lee, is a two-timing fiancé who sleeps with his future wife's cousin in *A Guy Thing*. Paul's lies are unable to cover up his dirty deed and his fiancée, played by Selma Blair, finds out about his infidelities.

boyfriend, who happens to be a cop, shows up in front of Paul's apartment and beats the crap out of him.

The ex-boyfriend, Ray (Lochlyn

Munro) just happened to have had a private investigator follow Becky the night of the party and he has revealing pictures of the two of them together.

Threatened by the fact that Karen might find these pictures, he makes up a story to everyone about being mugged and gives a fake, unrealistic description of a

suspect, who they just happen to find.

To make matters worse, a priest, who lives in the apartment next to Paul, finds the revealing pictures of Paul and Becky on his son's dresser.

After being confronted, Paul burns the pictures and throws them out the window, but they land right in front of the priest's son once more.

In the end the poor priest, who knows everything that has happened to Paul, ends up being the substitute official at the wedding.

The whole story leads up to Karen not being the right one for Paul, and that his brother, Peter (Thomas Lennon), is in love with her.

It is only a matter of time when your predictions are proven true and Paul realizes Becky is the one for him and Peter and Karen realize they are right for each other.

Too many coincidences and pointless mishaps make this story boring and long.

This supposed comedy has only a couple of laughs and small jokes.

Stiles does not have much to offer in this movie as her talents are hidden in the poor development of the plot.

Director Chris Koch did a bad job of trying to explain the behaviour of men, saying that the reason guys sleep with girls at their bachelor parties and lie to their fiancées are because it is just a guy thing.

A Guy Thing is currently playing in theatres everywhere.

ARE YOU STRUGGLING TO GET THROUGH A COURSE?

DO YOU FEEL CONFIDENT ABOUT COURSE CONCEPTS?

WOULD YOU LIKE TO REVIEW SUBJECT MATERIAL?



A TUTOR MAY HELP GET YOU ON TRACK BEFORE THE END OF THE SEMESTER

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\$15.00 PROVIDES 5 HOURS OF TUTORING

APPLICATIONS AVAILABLE IN ROOM 2B02



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SPOKE is now online at

www.conestogac.on.ca/spoke

Updated every Monday, come visit us for the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links.

Want to make a difference for the students at Conestoga College?

CSI President: Your name here

Do you have what it takes to give your time
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CSI Vice-President: Your name here

Do you want to help change things for
students at Conestoga?

You could be one of the lucky four who
has the privilege of helping the students of
Conestoga.

If the answer to all those questions is yes,
then you should get involved with CSI!

Every year, Conestoga Students Inc. holds
annual elections to fill its executive positions.
Interested candidates are encouraged to come
to the CSI office and pick up their nomination
packages.

VOTE!

Positions available are the full-time president and
three vice-president positions.

Nominations begin January 28 and run through
to February 10. Candidates can begin to cam-
paign on February 10 through to February 28.

Elections will be March 3 - 5.

CSI elections are coming.
What are you doing?
Where will you be?

WWW.CONESTOGASI.COM

**CONESTOGA
STUDENTS INC.**

CSI Events for February 2003

Enjoy Free Pleasure and other awesome festivities provided by your student association!

C O N E S T O G A
S T U D E N T S I N C .

February 3	February 4	February 5	February 6	February 7
		David Acer Comedy in the Sanctuary (11:30 - 12:30)	CBSA Valentine's Biz Bash	CSI Hockey Trip Vancouver Canucks at Buffalo Sabres
	Twisted Tuesday			
February 10	February 11	February 12	February 13	February 14
Healthy Lifestyles Week	Healthy Lifestyles Week	Healthy Lifestyles Week	Healthy Lifestyles Week	Valentine's Day
Healthy Nutrition Day	Dating Girl with Josey Vogels		Norman Nawrocki "I Don't Understand Women"	Sealed With Alumni Kisses
	Twisted Tuesday			
February 17	February 18	February 19	February 20	February 21
	Mista Mo Comedy in the Sanctuary (11:30 - 12:30)			
	Twisted Tuesday			
February 24	February 25	February 26	February 27	February 28
Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours	Reading Week at Daytona Beach with Breakaway Tours

Check the Id Boards for more info!